



Grated Potato Dumplings

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



398 kcal

SIDE DISH

Ingredients

- 1 cup flour all-purpose
- 4 large potatoes
- 1 teaspoon salt

Equipment

- food processor
- bowl
- pot
- wooden spoon

colander

Directions

Heat a large pot of water to boiling.

Peel potatoes, and keep submerged in cold water to prevent browning. Grate potatoes, by hand or with a food processor, into a large bowl.

Drain any excess water. Stir in flour and salt. With a teaspoon, form a test dumpling. If it doesn't hold together, Stir in more flour.

Form dumplings with a teaspoon, and gently drop into boiling water. Allow dumplings to float freely. Gently stir with wooden spoon so dumplings don't stick together. Reduce heat to slow boil. Boil for 40 minutes.

Drain in colander. Rinse with hot water.

Serve with gravy or melted butter.

Nutrition Facts

 **PROTEIN 10.64%**  **FAT 1.43%**  **CARBS 87.93%**

Properties

Glycemic Index:39.69, Glycemic Load:64.44, Inflammation Score:-7, Nutrition Score:22.461304271999%

Flavonoids

Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 397.88kcal (19.89%), Fat: 0.64g (0.98%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 88.31g (29.44%), Net Carbohydrates: 79.35g (28.85%), Sugar: 2.96g (3.29%), Cholesterol: 0mg (0%), Sodium: 604.14mg (26.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.68g (21.36%), Vitamin C: 72.69mg (88.11%), Vitamin B6: 1.1mg (55.11%), Potassium: 1587.05mg (45.34%), Manganese: 0.78mg (38.96%), Vitamin B1: 0.54mg (36.03%), Fiber: 8.96g (35.85%), Folate: 116.23µg (29.06%), Vitamin B3: 5.73mg (28.67%), Phosphorus: 244.08mg (24.41%), Iron: 4.33mg (24.07%), Magnesium: 91.76mg (22.94%), Copper: 0.44mg (22.2%), Selenium: 11.7µg (16.72%), Vitamin B2: 0.27mg (16.03%), Vitamin B5: 1.23mg (12.29%), Zinc: 1.29mg (8.6%), Vitamin K: 7.1µg (6.77%), Calcium: 49.33mg (4.93%)