

Herbed Dumplings

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 3 tablespoons butter
- 1 teaspoon parsley dried
- 1 teaspoon thyme dried
- 1.5 cups flour all-purpose
- 0.8 cup milk
- 1 teaspoon oregano dried

1 teaspoon salt

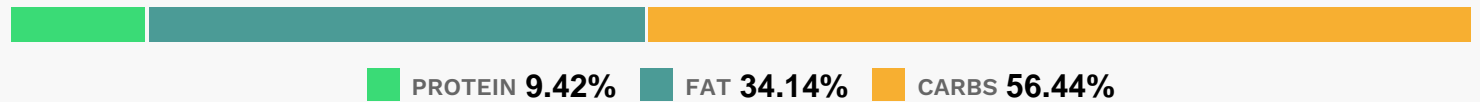
Equipment

bowl

Directions

- In a bowl, mix the flour, salt, baking soda, baking powder, thyme, parsley, and oregano.
- Cut in butter until the mixture resembles coarse crumbs. Gradually add milk, using just enough to form a thick batter.
- Drop by rounded tablespoons into your simmering soup or stew, cover, and allow to cook 15 minutes.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:18.14, Inflammation Score:-6, Nutrition Score:6.6186956536511%

Flavonoids

Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg

Nutrients (% of daily need)

Calories: 184.34kcal (9.22%), Fat: 6.99g (10.75%), Saturated Fat: 4.22g (26.4%), Carbohydrates: 25.99g (8.66%), Net Carbohydrates: 24.94g (9.07%), Sugar: 1.57g (1.75%), Cholesterol: 18.71mg (6.24%), Sodium: 768.79mg (33.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Vitamin B1: 0.26mg (17.61%), Selenium: 11.27µg (16.1%), Folate: 58.67µg (14.67%), Calcium: 131.13mg (13.11%), Manganese: 0.25mg (12.34%), Vitamin B2: 0.2mg (11.86%), Iron: 1.93mg (10.74%), Phosphorus: 96.35mg (9.63%), Vitamin B3: 1.91mg (9.53%), Vitamin K: 5.83µg (5.55%), Vitamin A: 236.67IU (4.73%), Fiber: 1.05g (4.22%), Magnesium: 12.38mg (3.09%), Vitamin B12: 0.18µg (2.94%), Vitamin B5: 0.26mg (2.62%), Potassium: 87.22mg (2.49%), Zinc: 0.37mg (2.48%), Copper: 0.05mg (2.47%), Vitamin D: 0.34µg (2.24%), Vitamin B6: 0.04mg (1.86%), Vitamin E: 0.27mg (1.81%)