



Homemade Dumplings

READY IN



30 min.

SERVINGS



10

CALORIES



114 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon parsley
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons shortening
- ☐ 0.8 cup milk

Equipment

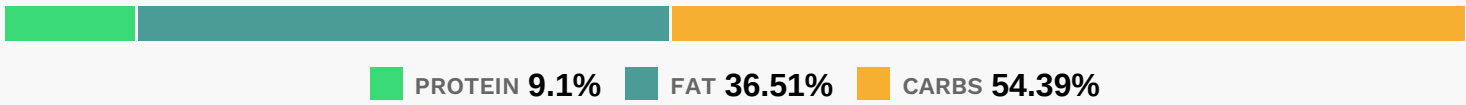
- ☐ bowl

☐ blender

Directions

- ☐ Mix flour, parsley, baking powder and salt in medium bowl.
- ☐ Cut in shortening, using pastry blender or crisscrossing 2 knives, until mixture looks like fine crumbs. Stir in milk.
- ☐ Drop dough by 10 spoonfuls onto hot meat or vegetables in boiling stew (do not drop directly into liquid). Cook uncovered 10 minutes. Cover and cook 10 minutes longer.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:10.88, Inflammation Score:-2, Nutrition Score:3.9034782388936%

Flavonoids

Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg, Apigenin: 9.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg, Isorhamnetin: 0.66mg

Nutrients (% of daily need)

Calories: 114.18kcal (5.71%), Fat: 4.62g (7.11%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 14.92g (5.43%), Sugar: 0.95g (1.05%), Cholesterol: 2.2mg (0.73%), Sodium: 209.46mg (9.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin B1: 0.16mg (10.57%), Selenium: 6.73µg (9.62%), Folate: 34.67µg (8.67%), Calcium: 74.72mg (7.47%), Manganese: 0.15mg (7.43%), Vitamin B2: 0.12mg (7.21%), Vitamin B3: 1.15mg (5.73%), Phosphorus: 57.13mg (5.71%), Iron: 1.01mg (5.59%), Vitamin K: 4.87µg (4.64%), Fiber: 0.56g (2.25%), Magnesium: 7.34mg (1.84%), Vitamin E: 0.27mg (1.82%), Vitamin B5: 0.18mg (1.79%), Vitamin B12: 0.1µg (1.65%), Potassium: 53.06mg (1.52%), Copper: 0.03mg (1.45%), Zinc: 0.22mg (1.45%), Vitamin D: 0.2µg (1.34%), Vitamin B6: 0.02mg (1.06%)