



Kartoffel Kloesse (Potato Dumplings)

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



346 kcal

SIDE DISH

Ingredients

- 0.7 cup breadcrumbs
- 1 cup butter
- 0.3 cup breadcrumbs dry
- 3 eggs beaten
- 1 cup flour all-purpose
- 0.5 teaspoon nutmeg
- 2 tablespoons onion finely chopped
- 9 medium potatoes peeled

1 teaspoon salt

Equipment

bowl

frying pan

pot

slotted spoon

Directions

Place the potatoes in a large pot with enough water to cover. Bring to a boil, and cook until the potatoes are soft, about 20 minutes.

Drain water, and place potatoes into a large bowl. Mash potatoes, leaving them slightly lumpy (just like making mashed potatoes).

Mix in the salt, eggs, flour, 2/3 cup of bread crumbs, and nutmeg.

Roll into walnut sized balls. If the dough is too sticky, you may want to mix in more flour or bread crumbs.

Bring a large pot of lightly salted water to a boil. Gently drop the dumplings into the water. When they come up to the surface, allow them to boil uncovered for 3 minutes.

Remove the dumplings with a slotted spoon, and keep warm.

While you are waiting for the water to boil, melt the butter in a skillet over medium heat.

Add onions and 1/4 cup of bread crumbs. Cook, stirring constantly, until the onions are tender, and the sauce has thickened some.

Pour sauce over the dumplings before serving.

Nutrition Facts



PROTEIN 7.97% **FAT 43.96%** **CARBS 48.07%**

Properties

Glycemic Index:25.48, Glycemic Load:26.24, Inflammation Score:-6, Nutrition Score:12.423043396162%

Flavonoids

Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 345.98kcal (17.3%), Fat: 17.1g (26.31%), Saturated Fat: 10.25g (64.04%), Carbohydrates: 42.08g (14.03%), Net Carbohydrates: 37.87g (13.77%), Sugar: 1.93g (2.15%), Cholesterol: 81.59mg (27.2%), Sodium: 401.31mg (17.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.95%), Vitamin C: 31.6mg (38.3%), Vitamin B6: 0.51mg (25.36%), Potassium: 722.35mg (20.64%), Manganese: 0.4mg (19.97%), Vitamin B1: 0.3mg (19.72%), Fiber: 4.21g (16.85%), Folate: 59.57µg (14.89%), Vitamin B3: 2.87mg (14.33%), Phosphorus: 142.9mg (14.29%), Selenium: 9.67µg (13.81%), Iron: 2.33mg (12.95%), Vitamin B2: 0.19mg (11.35%), Magnesium: 44.6mg (11.15%), Copper: 0.22mg (10.91%), Vitamin A: 535.44IU (10.71%), Vitamin B5: 0.76mg (7.56%), Zinc: 0.82mg (5.47%), Vitamin K: 4.97µg (4.74%), Calcium: 47.19mg (4.72%), Vitamin E: 0.58mg (3.89%), Vitamin B12: 0.16µg (2.65%), Vitamin D: 0.22µg (1.47%)