



Pat's Dumplings

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



208 kcal

SIDE DISH

Ingredients

- 2 cups flour all-purpose
- 1 teaspoon salt
- 3 tablespoons shortening
- 0.3 cup water

Equipment

- knife
- pot
- blender

- rolling pin
- pizza cutter

Directions

- Mix together flour and salt.
- Cut shortening into flour/salt mixture using a pastry blender, fork or two knives. Stir in water to form a soft dough.
- On a floured surface, roll out dough very thin with a rolling pin.
- Cut into 1 inch wide strips (I use a pizza cutter, but a sharp knife works also). Tear 1 inch long pieces of dough from these strips and drop into simmering broth.
- Cook 10 minutes with the pot lid off, then 10 minutes more with the lid on.
- Serve with the broth and chicken meat, if using.

Nutrition Facts



PROTEIN 8.37% **FAT 29.79%** **CARBS 61.84%**

Properties

Glycemic Index:12.5, Glycemic Load:23, Inflammation Score:-3, Nutrition Score:6.0099999438161%

Nutrients (% of daily need)

Calories: 208.24kcal (10.41%), Fat: 6.81g (10.47%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 31.8g (10.6%), Net Carbohydrates: 30.67g (11.15%), Sugar: 0.11g (0.13%), Cholesterol: 0mg (0%), Sodium: 389.16mg (16.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.61%), Vitamin B1: 0.33mg (21.89%), Selenium: 14.13µg (20.18%), Folate: 76.25µg (19.06%), Manganese: 0.29mg (14.26%), Vitamin B3: 2.46mg (12.3%), Vitamin B2: 0.21mg (12.11%), Iron: 1.94mg (10.78%), Phosphorus: 45mg (4.5%), Fiber: 1.13g (4.5%), Vitamin K: 3.53µg (3.36%), Copper: 0.06mg (3.09%), Vitamin E: 0.42mg (2.78%), Magnesium: 9.28mg (2.32%), Vitamin B5: 0.23mg (2.26%), Zinc: 0.29mg (1.96%), Potassium: 44.66mg (1.28%)