



Potato Dumpling Casserole

READY IN



75 min.

SERVINGS



6

CALORIES



329 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 3 tablespoons butter
- ☐ 1 cup chicken broth
- ☐ 2 eggs beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup jarlsberg cheese shredded
- ☐ 1 cup heavy whipping cream light
- ☐ 1 medium onion chopped
- ☐ 0.5 cup parmesan cheese grated

- ☐ 2 cups potatoes mashed
- ☐ 1.5 teaspoons salt

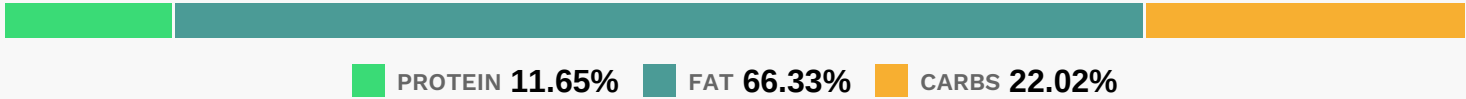
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ ziploc bags
- ☐ slotted spoon
- ☐ kitchen scissors

Directions

- ☐ In a medium bowl, mix together the mashed potatoes, 1 cup flour, eggs, salt and pepper until well blended. Spoon into a clean plastic bag.
- ☐ Bring 5 quarts of water to a boil in a large pot. Adjust heat so that water boils very gently.
- ☐ Cut a small opening in the corner of the baggie, and squeeze out dumplings into the water, cutting with scissors at 1 inch intervals.
- ☐ Let the dumplings simmer uncovered until they float to the top.
- ☐ Remove with a slotted spoon, and place in a 2 quart baking dish. Keep warm.
- ☐ Preheat the oven to 350 degrees F (175 degrees C). Melt butter in a skillet over medium heat.
- ☐ Saute onion in butter until tender. Blend in 2 tablespoons flour until smooth.
- ☐ Pour in cream and broth, and cook, stirring constantly until thickened.
- ☐ Remove from heat and stir in half of the Parmesan cheese and half of the Jarlsberg until smooth.
- ☐ Pour over the dumplings in the dish.
- ☐ Sprinkle remaining cheeses over the top.
- ☐ Bake uncovered for 45 minutes in the preheated oven, until the top is golden brown and sauce is bubbly.

Nutrition Facts



Properties

Glycemic Index:44.63, Glycemic Load:10.72, Inflammation Score:-5, Nutrition Score:8.8973912778108%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg, Quercetin: 4.21mg

Nutrients (% of daily need)

Calories: 328.97kcal (16.45%), Fat: 24.6g (37.84%), Saturated Fat: 14.77g (92.3%), Carbohydrates: 18.37g (6.12%), Net Carbohydrates: 16.44g (5.98%), Sugar: 1.61g (1.79%), Cholesterol: 128.58mg (42.86%), Sodium: 1017.42mg (44.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.44%), Calcium: 193.38mg (19.34%), Vitamin C: 15.39mg (18.65%), Vitamin A: 799.76IU (16%), Phosphorus: 157.4mg (15.74%), Vitamin B6: 0.27mg (13.64%), Selenium: 9µg (12.85%), Vitamin B2: 0.21mg (12.4%), Potassium: 407.76mg (11.65%), Manganese: 0.18mg (9.21%), Fiber: 1.93g (7.72%), Vitamin B1: 0.11mg (7.36%), Folate: 28.46µg (7.12%), Magnesium: 26.57mg (6.64%), Zinc: 0.94mg (6.25%), Vitamin B5: 0.61mg (6.08%), Iron: 1.04mg (5.8%), Vitamin B12: 0.34µg (5.71%), Copper: 0.11mg (5.5%), Vitamin B3: 1.03mg (5.15%), Vitamin E: 0.74mg (4.92%), Vitamin D: 0.57µg (3.83%), Vitamin K: 3.23µg (3.08%)