

SIDE DISH

Potato Dumplings I

15 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.33	224 kcal

Potato Dumplings I might be a good recipe to expand your side dish recipe box. This lacto ovo vegetarian recipe serves 12 and costs 33 cents per serving. One portion of this dish contains about 8g of protein, 5g of fat, and a total of 224 calories. This recipe from Allrecipes has 1 fans.

Ingredients

☐ 3 slices bread	☐ 2 tablespoons butter
☐ 6 eggs	☐ 2 cups all-purpose flour
☐ 6 cups baked potatoes -- peeled, cooled and riced	☐ 1 teaspoon salt

EQUIPMENT Pot

Method

- 1 The day before, boil potatoes with the skins on until tender. Cook enough to make at least 6 cups cold riced potatoes. Peel the potatoes, and rice them. Refrigerate them until needed.
- 2 Brown 2 to 3 pieces of bread in butter or margarine for croutons.
- 3 Cut into small pieces, and let cool.
- 4 Combine riced potatoes, 5 or 6 beaten eggs, salt, and flour.
- 5 Add croutons, and mix together. The mixture should stick together. Too much flour will make them heavy.
- 6 Form into balls about the size of tennis balls. Drop into boiling water in a large pot. Cover and cook for 10 minutes.

7 Serve immediately.

Nutrition per serving

224	8 g	5 g	38 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			2 g · 12% of daily needs
Fibre			3.2 g · 13% of daily needs
Sugar			1.4 g · 2% of daily needs
Sodium			280 mg · 12% of daily needs
Cholesterol			86.9 mg · 29% of daily needs
Vitamin C			20.7 mg · 25% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/potato-dumplings-i-142626