

Potato Dumplings II

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



113 kcal

SIDE DISH

Ingredients

- 2 eggs
- 0.8 cup flour all-purpose
- 1 cup potato flakes instant mashed
- 1 teaspoon salt
- 1 cup water hot

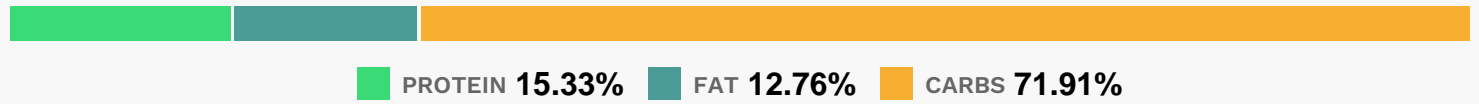
Equipment

- sauce pan
- mixing bowl

Directions

- In a mixing bowl, mix together potato flakes, water and salt. Allow the mixture to cool for 10 minutes. Stir in the eggs and flour.
- On a lightly floured surface, knead the dough until no longer sticky.
- Bring a large saucepan of water to a boil. Separate the dough into approximately 6 dumplings. Carefully drop the dumplings into water and boil approximately 20 minutes until they rise to the top.
- Remove from water and drain.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:8.63, Inflammation Score:-2, Nutrition Score:5.3465217377829%

Nutrients (% of daily need)

Calories: 113.25kcal (5.66%), Fat: 1.59g (2.44%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 19.06g (6.93%), Sugar: 0.43g (0.48%), Cholesterol: 54.56mg (18.19%), Sodium: 421.09mg (18.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.59%), Selenium: 11.14µg (15.92%), Vitamin B1: 0.23mg (15.15%), Folate: 40.09µg (10.02%), Vitamin C: 8.1mg (9.82%), Vitamin B2: 0.16mg (9.13%), Vitamin B3: 1.56mg (7.8%), Manganese: 0.13mg (6.39%), Phosphorus: 61.51mg (6.15%), Iron: 1.11mg (6.14%), Vitamin B6: 0.11mg (5.33%), Vitamin B5: 0.5mg (5.01%), Fiber: 1.08g (4.33%), Potassium: 146.84mg (4.2%), Magnesium: 12.2mg (3.05%), Copper: 0.06mg (2.79%), Zinc: 0.37mg (2.49%), Vitamin B12: 0.13µg (2.18%), Vitamin D: 0.29µg (1.96%), Vitamin A: 80.3IU (1.61%), Calcium: 14.68mg (1.47%), Vitamin E: 0.17mg (1.11%)