

Potato Dumplings with Bacon and Onions

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



230 kcal

SIDE DISH

Ingredients

- 0.3 pound bacon chopped
- 2 large eggs
- 6 servings flour
- 0.5 large onion chopped
- 2 large potatoes peeled chopped

Equipment

- food processor
- bowl

frying pan

pot

Directions

Bring a large pot of lightly salted water to boil.

Place potatoes in food processor, and pulse until finely chopped.

Add eggs, and pulse a few times to combine.

Pour mixture into a large bowl.

Mix in enough flour to make a very thick dough.

Place dough by spoonfuls into boiling water. Boil until done, about 20 minutes (depending on size).

Drain, and set dumplings aside.

Place chopped bacon and onion in a skillet over medium heat. Cook a few minutes until bacon releases fat.

Place hot dumplings into pan; cook until bacon is crisp and onions and dumplings are browned.

Nutrition Facts



PROTEIN 13.71% **FAT 36.32%** **CARBS 49.97%**

Properties

Glycemic Index:30.96, Glycemic Load:20.13, Inflammation Score:-4, Nutrition Score:10.088695583136%

Flavonoids

Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg, Quercetin: 3.4mg

Nutrients (% of daily need)

Calories: 229.65kcal (11.48%), Fat: 9.28g (14.28%), Saturated Fat: 3.08g (19.27%), Carbohydrates: 28.74g (9.58%), Net Carbohydrates: 25.62g (9.32%), Sugar: 1.57g (1.75%), Cholesterol: 74.47mg (24.82%), Sodium: 156.81mg (6.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.88g (15.76%), Vitamin C: 25.16mg (30.49%), Vitamin B6: 0.46mg (22.99%), Potassium: 604.53mg (17.27%), Selenium: 11.89µg (16.99%), Vitamin B1: 0.22mg (14.79%), Phosphorus: 142.05mg (14.21%), Manganese: 0.26mg (13.11%), Vitamin B3: 2.53mg (12.63%), Fiber: 3.12g (12.48%),

Folate: 43.61µg (10.9%), Vitamin B2: 0.17mg (10.07%), Iron: 1.7mg (9.46%), Magnesium: 35.46mg (8.86%), Copper: 0.17mg (8.42%), Vitamin B5: 0.77mg (7.73%), Zinc: 0.87mg (5.79%), Vitamin B12: 0.24µg (4.05%), Calcium: 29.04mg (2.9%), Vitamin D: 0.41µg (2.73%), Vitamin K: 2.46µg (2.34%), Vitamin A: 99.7IU (1.99%), Vitamin E: 0.28mg (1.84%)