



Rolled Dumplings

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

BREAD

Ingredients

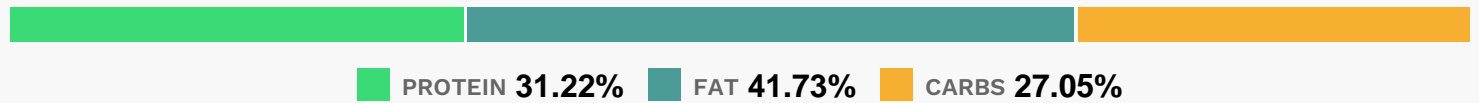
- 2 teaspoons double-acting baking powder
- 29 ounce chicken broth canned
- 2 cups flour all-purpose
- 0.5 cup milk
- 1 teaspoon salt
- 0.3 cup shortening

Equipment

Directions

- Combine flour, baking powder and salt.
- Cut in shortening and add milk to make a stiff dough.
- Roll out to about 1/8 inch thickness and cut into 1 inch squares, 1 to 1 1/2 inch strips or diamonds.
- Sprinkle lightly with flour and drop into boiling chicken stock. Cover tightly and boil gently for 8 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:17.78, Inflammation Score:-4, Nutrition Score:11.422174007996%

Nutrients (% of daily need)

Calories: 389.06kcal (19.45%), Fat: 17.66g (27.17%), Saturated Fat: 4.78g (29.87%), Carbohydrates: 25.76g (8.59%), Net Carbohydrates: 24.92g (9.06%), Sugar: 0.82g (0.91%), Cholesterol: 53.21mg (17.74%), Sodium: 898.78mg (39.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.73g (59.46%), Selenium: 29.8µg (42.56%), Phosphorus: 228.3mg (22.83%), Vitamin B3: 4.33mg (21.64%), Zinc: 2.85mg (19.01%), Vitamin B12: 1.11µg (18.5%), Vitamin B1: 0.26mg (17.04%), Vitamin B2: 0.28mg (16.36%), Iron: 2.9mg (16.14%), Folate: 59.24µg (14.81%), Vitamin B6: 0.22mg (10.92%), Manganese: 0.21mg (10.73%), Calcium: 96.86mg (9.69%), Magnesium: 28.51mg (7.13%), Vitamin K: 7.05µg (6.71%), Potassium: 213.81mg (6.11%), Vitamin E: 0.88mg (5.86%), Copper: 0.1mg (4.84%), Vitamin A: 206.6IU (4.13%), Fiber: 0.85g (3.38%), Vitamin B5: 0.25mg (2.52%), Vitamin D: 0.27µg (1.8%)