



Sunday Brunch: Maple Syrup Dumplings

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



703 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4.5 teaspoons double-acting baking powder
- 4 tablespoons butter
- 0.8 cup buttermilk
- 1.5 cups flour
- 0.3 teaspoon grating nutmeg fresh grated
- 1.8 cups maple syrup
- 2 tablespoons irish whiskey
- 1 large pinch salt

- 0.5 teaspoon vanilla
- 1.3 cups water

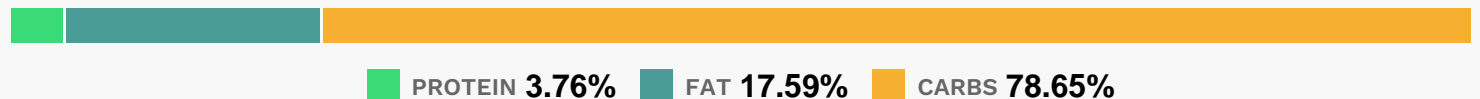
Equipment

- bowl
- whisk
- pot
- pastry cutter

Directions

- Combine maple syrup, water and whiskey (if using) in a large pot and bring to a simmer over medium high heat.
- Whisk flour, baking powder, salt and nutmeg (if using) together in a bowl, then using a pastry cutter or your fingers, incorporate the butter until it resembles wet sand.
- Mix in buttermilk into mixture until dough forms. Drop dough into simmering syrup mixture using a tablespoon, then cover. Simmer until dough is cooked through, about 12 minutes.
- Serve with toasted almonds and black coffee.

Nutrition Facts



Properties

Glycemic Index:92.38, Glycemic Load:62.37, Inflammation Score:-5, Nutrition Score:19.454782325289%

Nutrients (% of daily need)

Calories: 702.5kcal (35.12%), Fat: 13.35g (20.54%), Saturated Fat: 8.16g (50.98%), Carbohydrates: 134.28g (44.76%), Net Carbohydrates: 132.97g (48.35%), Sugar: 86.85g (96.5%), Cholesterol: 35.05mg (11.68%), Sodium: 641.34mg (27.88%), Alcohol: 2.87g (100%), Alcohol %: 1.09% (100%), Protein: 6.41g (12.83%), Manganese: 3.57mg (178.38%), Vitamin B2: 2.1mg (123.73%), Calcium: 482.62mg (48.26%), Vitamin B1: 0.48mg (32.26%), Selenium: 17.71µg (25.3%), Folate: 88.55µg (22.14%), Phosphorus: 191.35mg (19.14%), Iron: 2.85mg (15.82%), Vitamin B3: 2.94mg (14.68%), Potassium: 433.39mg (12.38%), Magnesium: 46.92mg (11.73%), Zinc: 1.51mg (10.07%), Vitamin A: 424.24IU (8.48%), Fiber: 1.3g (5.2%), Copper: 0.09mg (4.69%), Vitamin B5: 0.39mg (3.92%), Vitamin D: 0.58µg (3.9%), Vitamin B12: 0.23µg (3.85%), Vitamin E: 0.38mg (2.56%), Vitamin B6: 0.04mg (1.88%), Vitamin K: 1.26µg (1.2%)