



Sweet Cheese Dumplings

 Vegetarian

READY IN



26 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- 3 tablespoons butter
- 2 cups cheese curd
- 1 tablespoon cup heavy whipping cream
- 3 eggs separated
- 2 tablespoons flour
- 1 teaspoon lavender chopped
- 2 ounces semolina

Equipment

whisk

pot

Directions

Cream the butter and beat in the yolks 1 at a time.

Add the curd, semolina, lavender, cream, flour, and lavender, and let rest for 1 hour, making sure to cover.

Bring a medium pot of salted water to boil.

Whisk the egg whites until they are stiff and fold into the curd mixture.

Using a tablespoon, drop the batter into the water. Boil for 8 minutes.

Nutrition Facts

 **PROTEIN 19.72%**  **FAT 67.25%**  **CARBS 13.03%**

Properties

Glycemic Index:29.83, Glycemic Load:4.9, Inflammation Score:-2, Nutrition Score:5.6621738886056%

Nutrients (% of daily need)

Calories: 281.71kcal (14.09%), Fat: 20.89g (32.15%), Saturated Fat: 11.62g (72.64%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 8.68g (3.16%), Sugar: 0.17g (0.18%), Cholesterol: 140.02mg (46.67%), Sodium: 319.27mg (13.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.78g (27.57%), Calcium: 288.52mg (28.85%), Selenium: 16.19µg (23.14%), Vitamin B2: 0.17mg (10.23%), Folate: 32.52µg (8.13%), Vitamin B1: 0.11mg (7.06%), Vitamin A: 332.98IU (6.66%), Phosphorus: 62.24mg (6.22%), Iron: 0.93mg (5.19%), Vitamin B5: 0.42mg (4.17%), Manganese: 0.08mg (4.09%), Vitamin B3: 0.73mg (3.67%), Vitamin B12: 0.21µg (3.53%), Vitamin D: 0.48µg (3.2%), Vitamin E: 0.44mg (2.95%), Zinc: 0.41mg (2.75%), Vitamin B6: 0.05mg (2.47%), Magnesium: 7.95mg (1.99%), Copper: 0.04mg (1.88%), Fiber: 0.44g (1.74%), Potassium: 54.67mg (1.56%)