



Sweet Potato Dumplings

READY IN



125 min.

SERVINGS



1

CALORIES



869 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 lb baking potatoes
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon rosemary leaves fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 lb sweet potatoes and into

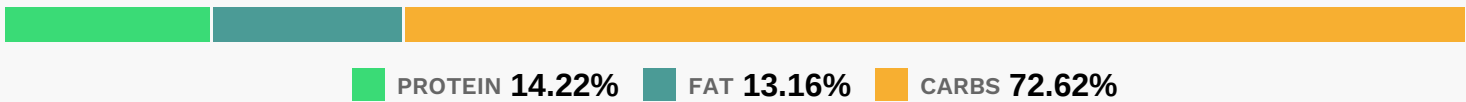
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 40
- ☐ Prick all potatoes with a fork, and bake on a jelly-roll pan 1 hour.
- ☐ Cool potatoes 20 minutes. Peel and mash until smooth.
- ☐ Add cheese and next 4 ingredients, and stir until smooth. Fold in flour just until blended.
- ☐ Divide dough into 4 equal portions; dust with flour.
- ☐ Roll each into a 3/4-inch-diameter rope on a well-floured surface.
- ☐ Cut into 1-inch pieces; place dumplings on a lightly floured baking sheet.
- ☐ Cook dumplings, 10 to 12 at a time, in 3 qt. boiling water over medium-high heat, 3 minutes.
- ☐ Remove with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:249.75, Glycemic Load:105.44, Inflammation Score:-10, Nutrition Score:45.047825771829%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 869.37kcal (43.47%), Fat: 12.77g (19.65%), Saturated Fat: 5.67g (35.47%), Carbohydrates: 158.59g (52.86%), Net Carbohydrates: 145.54g (52.92%), Sugar: 11.96g (13.29%), Cholesterol: 207.75mg (69.25%), Sodium: 1232.98mg (53.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.05g (62.1%), Vitamin A: 32669.42IU (653.39%), Vitamin B6: 1.78mg (89.1%), Manganese: 1.65mg (82.32%), Selenium: 48.04µg (68.62%), Potassium: 2371.89mg (67.77%), Vitamin B1: 0.97mg (64.92%), Phosphorus: 619.52mg (61.95%), Folate: 212.09µg (53.02%), Fiber: 13.05g (52.19%), Vitamin B2: 0.88mg (51.48%), Iron: 8.25mg (45.85%), Vitamin B3: 8.54mg (42.69%), Copper: 0.84mg (41.81%), Magnesium: 164.36mg (41.09%), Vitamin B5: 3.97mg (39.67%), Calcium: 373.37mg (37.34%), Vitamin C: 24.85mg (30.12%), Zinc: 3.84mg (25.6%), Vitamin B12: 0.78µg (13.04%), Vitamin K: 11.79µg (11.23%), Vitamin E: 1.32mg (8.79%), Vitamin D: 1.13µg (7.5%)