



Wachauer Aprikosenknodel (Apricot Dumplings)

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



695 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.8 cups all purpose flour
- ☐ 10 apricot halves
- ☐ 12 apricots whole
- ☐ 0.3 cup brandy
- ☐ 3 tablespoons brandy
- ☐ 1.3 cups bread crumbs white
- ☐ 0.4 cup butter

- ☐ 6 servings cinnamon
- ☐ 1 egg yolk
- ☐ 0.3 cup apricot juice
- ☐ 1 pound potatoes cold cooked
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar fine
- ☐ 12 lumps of sugar

Equipment

- ☐ sauce pan
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Grate potatoes. Measure and sift flour. Measure butter. Soak sugar lumps in brandy.
- ☐ Remove stone of whole apricots. Measure bread crumbs, sugar and brandy. Measure ingredients for sauce.
- ☐ Mix flour with grated potato, add salt and egg yolk. Rub in butter and then turn dough out onto a floured board and knead. Press out dough to 1/4-inch thick.
- ☐ Place a lump of brandied sugar in each half apricot, cover with another apricot half.
- ☐ Cut dough into 4-inch squares.
- ☐ Place apricot in the center and wrap dough around, squeezing edges of dough together. Trim off outside.
- ☐ Roll dumpling between palms of hands. Drop dumplings into a large saucepan of salted boiling water. Boil gently for 12 minutes.
- ☐ Remove with slotted spoon and drain. Fry the bread crumbs with the sugar and 3 tablespoons fresh butter until crisp.
- ☐ Roll the dumplings in the bread crumbs and sprinkle with cinnamon.
- ☐ Place onto a heated serving dish. Coat with apricot sauce.
- ☐ Place apricot halves with brandy and apricot juice into a blender and puree.

Heat gently in a saucepan.

Nutrition Facts



Properties

Glycemic Index:77.88, Glycemic Load:64.91, Inflammation Score:-10, Nutrition Score:26.781739219375%

Flavonoids

Catechin: 4.71mg, Catechin: 4.71mg, Catechin: 4.71mg, Catechin: 4.71mg Epicatechin: 6.08mg, Epicatechin: 6.08mg, Epicatechin: 6.08mg, Epicatechin: 6.08mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 695.45kcal (34.77%), Fat: 14.93g (22.97%), Saturated Fat: 8.04g (50.22%), Carbohydrates: 116.71g (38.9%), Net Carbohydrates: 108.28g (39.38%), Sugar: 25.77g (28.64%), Cholesterol: 62.9mg (20.97%), Sodium: 272.52mg (11.85%), Alcohol: 5.84g (100%), Alcohol %: 2.05% (100%), Protein: 15.09g (30.19%), Manganese: 1.31mg (65.6%), Vitamin B1: 0.94mg (62.91%), Vitamin A: 3014.55IU (60.29%), Selenium: 34.46µg (49.22%), Folate: 195.72µg (48.93%), Vitamin B3: 7.72mg (38.62%), Vitamin C: 30.91mg (37.46%), Vitamin B2: 0.58mg (33.99%), Iron: 6.08mg (33.75%), Fiber: 8.42g (33.7%), Potassium: 801.21mg (22.89%), Phosphorus: 211.72mg (21.17%), Vitamin B6: 0.37mg (18.6%), Copper: 0.37mg (18.36%), Magnesium: 59.24mg (14.81%), Vitamin E: 1.71mg (11.4%), Vitamin B5: 1.12mg (11.21%), Calcium: 107.22mg (10.72%), Zinc: 1.48mg (9.86%), Vitamin K: 9.15µg (8.72%), Vitamin B12: 0.16µg (2.69%), Vitamin D: 0.16µg (1.08%)