



## Yeast Dumplings

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



598 kcal

SIDE DISH

### Ingredients

- 0.3 ounce active yeast dry
- 0.5 cup butter
- 32 ounce carton chicken broth
- 3 eggs
- 4.5 cups flour all-purpose
- 0.5 cup milk
- 1 teaspoon salt
- 0.5 cup sugar

0.5 cup water

## Equipment

bowl

sauce pan

mixing bowl

pot

slotted spoon

butter knife

## Directions

Place milk and butter in a small saucepan, and simmer over medium heat until butter melts.

Remove from the heat and allow to cool.

Dissolve the yeast in the warm water placed in a small bowl. Set aside.

Combine the eggs, sugar, and salt in a large mixing bowl, and mix until thoroughly blended. Gradually stir in the flour, alternating with milk and yeast mixtures. Gather the dough into a ball. Cover the bowl with a cloth, and let the dough rest 20 minutes.

Pour the chicken broth into a large pot. Bring broth to a boil over medium-high heat.

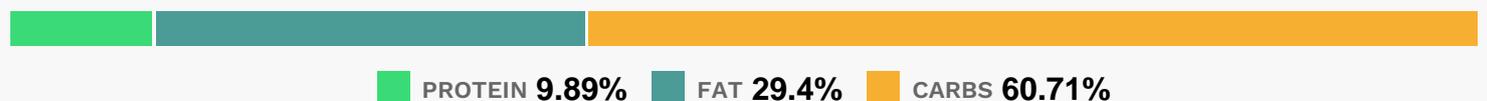
Meanwhile, sprinkle flour over a clean board or countertop. Turn the dough out onto the board and knead lightly until smooth and satiny, about 3 minutes.

Add a little more flour if the dough is sticky.

Roll out the dough to be about 1/2 inch thick. Use a butter knife to cut dough into 2 inch wide strips, and place strips into the boiling broth. Dumplings will initially sink, then rise to the surface when cooked, about 10 minutes.

Remove dumplings from the broth with a slotted spoon, and drain on a plate.

## Nutrition Facts



## Properties

Glycemic Index:38.85, Glycemic Load:63.76, Inflammation Score:-7, Nutrition Score:18.327826163043%

## Nutrients (% of daily need)

Calories: 597.62kcal (29.88%), Fat: 19.46g (29.94%), Saturated Fat: 10.97g (68.54%), Carbohydrates: 90.41g (30.14%), Net Carbohydrates: 87.56g (31.84%), Sugar: 18.61g (20.67%), Cholesterol: 127.97mg (42.66%), Sodium: 1112.75mg (48.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.73g (29.46%), Vitamin B1: 0.92mg (61.25%), Selenium: 39.91µg (57.01%), Folate: 210.11µg (52.53%), Vitamin B2: 0.74mg (43.4%), Manganese: 0.72mg (36.06%), Vitamin B3: 6.39mg (31.93%), Iron: 4.88mg (27.12%), Phosphorus: 183.46mg (18.35%), Vitamin A: 627.49IU (12.55%), Fiber: 2.85g (11.4%), Vitamin B5: 1.02mg (10.18%), Copper: 0.18mg (9.17%), Zinc: 1.24mg (8.3%), Magnesium: 28.44mg (7.11%), Calcium: 63.33mg (6.33%), Vitamin B12: 0.37µg (6.15%), Potassium: 204.62mg (5.85%), Vitamin B6: 0.11mg (5.47%), Vitamin E: 0.8mg (5.31%), Vitamin D: 0.66µg (4.42%), Vitamin K: 1.74µg (1.65%)