

# Cheese Drop Dumplings

Jan Forget

Gourmet Eating in South Carolina - (1985)

## Servings: 4

1 1/2 cups flour  
2 teaspoons baking powder  
3/4 teaspoon salt  
3 tablespoons vegetable shortening  
1/4 cup shredded cheese  
3/4 cup milk

Copyright: Hope Center for the Retarded, Inc. - Charleston, SC

In a bowl, sift together the flour, baking powder and salt. Add the cheese. Stir in the milk.

Cut in the shortening, mixing only until blended.

Drop by the spoonful into hot chicken broth or stew.

Cover. Simmer for 10 minutes.

---

Per Serving (excluding unknown items): 286 Calories; 12g Fat (36.8% calories from fat); 6g Protein; 38g Carbohydrate; 1g Dietary Fiber; 6mg Cholesterol; 667mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.

Bread and Muffins

## Per Serving Nutritional Analysis

Calories (kcal):	286	Vitamin B6 (mg):	trace
% Calories from Fat:	36.8%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	54.2%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	9.0%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	12g	Folacin (mcg):	14mcg
Saturated Fat (g):	5g	Niacin (mg):	3mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	6mg	% Refuse:	0 0%
Carbohydrate (g):	38g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	2 1/2
Protein (g):	6g	Lean Meat:	0
Sodium (mg):	667mg	Vegetable:	0
Potassium (mg):	120mg	Fruit:	0

**Calcium (mg):** 199mg  
**Iron (mg):** 2mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 58IU  
**Vitamin A (r.e.):** 17 1/2RE

**Non-Fat Milk:** 0  
**Fat:** 2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 286 **Calories from Fat:** 105

### % Daily Values\*

<b>Total Fat</b>	12g	18%
	Saturated Fat 5g	24%
<b>Cholesterol</b>	6mg	2%
<b>Sodium</b>	667mg	28%
<b>Total Carbohydrates</b>	38g	13%
	Dietary Fiber 1g	5%
<b>Protein</b>	6g	

<b>Vitamin A</b>	1%
<b>Vitamin C</b>	1%
<b>Calcium</b>	20%
<b>Iron</b>	14%

*\* Percent Daily Values are based on a 2000 calorie diet.*