

Dumplings

Iris Howell

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

2 eggs, well beaten
1/2 teaspoon salt
1/2 cup water
2 to 2-1/2 cups flour

In a bowl, beat together the eggs, salt and water.
Add the flour a little at a time (Add only enough flour to make a soft dough).

Drop the dough by teaspoon into three quarts of boiling water. Cook for 5 to 10 minutes.

Drain in a colander and rinse with cold water so they will not stick.

They can be used in a soup or stew.

Per Serving (excluding unknown items): 1058 Calories; 12g Fat (10.8% calories from fat); 38g Protein; 192g Carbohydrate; 7g Dietary Fiber; 424mg Cholesterol; 1214mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	1058
% Calories from Fat:	10.8%
% Calories from Carbohydrates:	74.3%
% Calories from Protein:	14.9%
Total Fat (g):	12g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	424mg
Carbohydrate (g):	192g
Dietary Fiber (g):	7g
Protein (g):	38g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	1.3mcg
Thiamin B1 (mg):	2.0mg
Riboflavin B2 (mg):	1.7mg
Folacin (mcg):	113mcg
Niacin (mg):	15mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.00%

Food Exchanges

Grain (Starch):	12 1/2
Lean Meat:	1 1/2

Sodium (mg): 1214mg
Potassium (mg): 402mg
Calcium (mg): 99mg
Iron (mg): 13mg
Zinc (mg): 3mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 488IU
Vitamin A (r.e.): 140RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1058 **Calories from Fat:** 114

% Daily Values*

Total Fat	12g	19%
Saturated Fat	3g	17%
Cholesterol	424mg	141%
Sodium	1214mg	51%
Total Carbohydrates	192g	64%
Dietary Fiber	7g	29%
Protein	38g	
Vitamin A		10%
Vitamin C		0%
Calcium		10%
Iron		75%

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