

# Easy Fluffy Dumplings

*Gourmet Eating in South Carolina - (1985)*

**Yield: 10 to 12 large dumplings**

*2 cups buttermilk biscuit mix  
2/3 cup milk*

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In a bowl, mix the biscuit mix and milk making a soft dough.

Drop by tablespoonfuls into boiling stock.

Reduce the heat. Cook for 10 minutes uncovered. Then cook for 10 minutes covered.

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Per Serving (excluding unknown items): 99 Calories; 5g Fat (48.6% calories from fat); 5g Protein; 8g Carbohydrate; 0g Dietary Fiber; 22mg Cholesterol; 79mg Sodium. Exchanges: 1/2 Non-Fat Milk; 1 Fat.

Bread and Muffins

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	99	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	48.6%	<b>Vitamin B12 (mcg):</b>	.6mcg
<b>% Calories from Carbohydrates:</b>	30.2%	<b>Thiamin B1 (mg):</b>	.1mg
<b>% Calories from Protein:</b>	21.3%	<b>Riboflavin B2 (mg):</b>	.3mg
<b>Total Fat (g):</b>	5g	<b>Folacin (mcg):</b>	8mcg
<b>Saturated Fat (g):</b>	3g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	2g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	22mg	<b>% Refuse:</b>	n n%
<b>Carbohydrate (g):</b>	8g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	0g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	5g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	79mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	244mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	192mg	<b>Non-Fat Milk:</b>	1/2
<b>Iron (mg):</b>	trace	<b>Fat:</b>	1
<b>Zinc (mg):</b>	1mg	<b>Other Carbohydrates:</b>	0

Vitamin C (mg): 2mg  
Vitamin A (i.u.): 203IU  
Vitamin A (r.e.): 61RE

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## **Nutrition Facts**

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### Amount Per Serving

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Calories 99 Calories from Fat: 48

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### % Daily Values\*

<b>Total Fat</b>	5g	8%
Saturated Fat	3g	17%
<b>Cholesterol</b>	22mg	7%
<b>Sodium</b>	79mg	3%
<b>Total Carbohydrates</b>	8g	3%
Dietary Fiber	0g	0%
<b>Protein</b>	5g	
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<b>Vitamin A</b>		4%
<b>Vitamin C</b>		3%
<b>Calcium</b>		19%
<b>Iron</b>		0%

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