

# Herbed Dumplings

Virginia Kraft

Gourmet Eating in South Carolina - (1985)

2 cups flour  
4 teaspoons baking powder  
1 teaspoon salt  
1 cup milk (more or less)  
2 tablespoons parsley flakes  
1/2 teaspoon dried dill weed (optional)  
1 teaspoon chives, chopped

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In a bowl, sift together the flour, salt and baking powder. Add the parsley, chives and dill, if desired. Add enough milk to make a sticky dough.

Drop dough pieces about the size of a walnut into a rapidly boiling meat stock or stew.

Boil, covered, for about 10 minutes.

(Do not uncover until ready to serve. Keeping the pot covered will result in lighter, fluffier dumplings.)

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Per Serving (excluding unknown items): 920 Calories; 2g Fat (2.4% calories from fat); 26g Protein; 195g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 4087mg Sodium. Exchanges: 12 1/2 Grain(Starch); 0 Vegetable; 1/2 Other Carbohydrates.

Bread and Muffins

## Per Serving Nutritional Analysis

Calories (kcal):	920
% Calories from Fat:	2.4%
% Calories from Carbohydrates:	86.2%
% Calories from Protein:	11.4%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	195g
Dietary Fiber (g):	7g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	2.0mg
Riboflavin B2 (mg):	1.2mg
Folacin (mcg):	66mcg
Niacin (mg):	15mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	12 1/2
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**Protein (g):** 26g  
**Sodium (mg):** 4087mg  
**Potassium (mg):** 274mg  
**Calcium (mg):** 1134mg  
**Iron (mg):** 14mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 44IU  
**Vitamin A (r.e.):** 4 1/2RE

**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 920 Calories from Fat: 22

### % Daily Values\*

<b>Total Fat</b>	2g	4%
Saturated Fat	trace	2%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	4087mg	170%
<b>Total Carbohydrates</b>	195g	65%
Dietary Fiber	7g	29%
<b>Protein</b>	26g	
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<b>Vitamin A</b>		1%
<b>Vitamin C</b>		1%
<b>Calcium</b>		113%
<b>Iron</b>		76%

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