

Low FODMAP Kartoffelknödel - Potato Dumplings

Serves: 8

Prep: 10 minutes

Cook: 1 hour



Ingredients	Metric	Imperial
10 large potatoes	1500 g	52.9 oz
1 cup gluten free flour	150 g	5.3 oz
3 eggs	175 g	6.2 oz
⅔ cup gluten free bread crumbs (or quinoa flakes)	60 g	2.1 oz
1 tsp salt	5 g	0.2 oz
½ tsp ground nutmeg	1 g	0.04 oz
Water	3000 g	105.8 oz
½ cup butter	113 g	4 oz
2 rashers of bacon, diced	60 g	2.1 oz
¼ cup bread crumbs or quinoa flakes	23 g	0.8 oz

Method

1. Place potatoes in a large pot and add salty water until potatoes are all covered. Bring to the boil. Once boiled reduce the heat and cook uncovered for another 20 minutes or until tender. Drain the water off and peel the potatoes.
2. Mash the potatoes until smooth. Stir through the flour, eggs, bread crumbs, salt and nutmeg. Roll the mixture into approximately 8 balls.
3. In the large pot bring 3L/0.8 gal of water to the boil. Carefully spoon the dumplings into the water. Once the water is boiling reduce the heat and leave to simmer uncovered for 15-20 minutes or until the dumplings are cooked.
4. Meanwhile, in a small saucepan, heat the butter and the cubed bacon on medium heat. Heat until the butter is golden brown and bacon is cooked. Stir constantly. Remove from heat and stir in breadcrumbs (or quinoa flakes).
5. Place dumplings in a serving dish and pour over the butter and bacon sauce.

Nutrition Information (per serve)	
Energy	1659 Kj / 397 cal
Protein	9.50g
Carbohydrates	57.10g
Sugar	3.00g
Total Fat	14.90g
Saturated Fat	8.40g
Fibre	4.60g