

Italian Spinach Dumplings

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-spinach-dumplings-recipe>

Ingredients:

- 8 ounces leafy greens spinach, amaranth, chard, turnip greens, etc
- 2 ounces stale bread cut into 1/4-inch cubes
- 1/4 cup milk to soak bread
- 1 egg
- 2 tablespoons ricotta cheese
- 1/4 cup parmigiano grated, or pecorino cheese, heaping
- salt to taste, about 2 or 3 teaspoons
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon ground black pepper
- 1/2 cup flour
- 1/4 cup butter duck fat or chicken fat
- 5 cloves garlic sliced thin
- lemon juice A squeeze of

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 95 milligrams
4. Fat: 16 grams
5. Fiber: 2 grams
6. Protein: 9 grams
7. SaturatedFat: 9 grams
8. Sodium: 530 milligrams
9. Sugar: 2 grams

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