

# Bread dumplings

Savoury

level 

 1

 40 min



## Ingredients

90 ml	Fresubin 2 kcal DRINK Neutral
120 g	wheat rolls, stale
7 g	wheat flour (1 heaped teaspoon)
40 g	onion cubes
10 g	butter (1 heaped teaspoon)
1	egg (size M) chopped parsley, salt, pepper, nutmeg

## Nutritional information per serving:

Energy .....	740 kcal
Protein .....	31.8 g
Fat .....	25.1 g
Carbohydrate .....	95.6 g
Fibre .....	0.0 g



**Alternative products:**  
Fresubin® Energy DRINK

## Preparation

Dice the stale rolls (approx. 1 x 1 cm), pour Fresubin 2 kcal DRINK Neutral and mix well, allow to soak in for some time. Meanwhile, sauté the onion cubes with the butter until glazed and add to the roll mixture.

Add flour, egg, parsley and the spices, knead thoroughly and season.

Shape 2 dumplings from the mixture and allow to simmer in boiling salt water for approx. 20 minutes.

### TIP:

Cut the boiled dumplings into slices and fry in the pan.