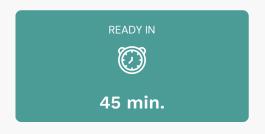


# **Buttered Spaetzle**

**Vegetarian** 







SIDE DISH

## Ingredients

0.3 teaspoon	double-actir	ng baking	powder

- 2 tablespoons butter divided
- 2 large eggs
- 1.7 cups flour all-purpose
- 0.8 cup milk 1% low-fat
- 0.8 teaspoon salt
- 2 quarts water

## **Equipment**

	frying pan			
	paper towels			
	sauce pan			
	knife			
	whisk			
	sieve			
	spatula			
	measuring cup			
	slotted spoon			
	colander			
Di	rections			
	Lightly spoon flour into dry measuring cups; level with a knife. Sift together flour, salt, and baking powder.			
	Combine milk and eggs, stirring with a whisk.			
	Add milk mixture to flour mixture, stirring with a whisk until combined.			
	Let stand 10 minutes.			
	Bring 2 quarts water to a boil in a large saucepan. Hold a colander with large holes (about 1/4-inch in diameter) over boiling water; spoon about 1/2 cup dough into colander. Press the dough through holes with a rubber spatula (droplets will form spaetzle); set colander aside. Cook 2 minutes or until done (spaetzle will rise to surface).			
	Remove with a slotted spoon; drain in a strainer (spaetzle will stick to a paper towel). Repeat procedure with remaining dough.			
	Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat.			
	Add 2 cups cooked spaetzle; cook 2 minutes or until lightly browned, stirring frequently. Repeat with remaining butter and cooked spaetzle.			
Nutrition Facts				
PROTEIN 13.89% FAT 27.85% CARBS 58.26%				

#### **Properties**

#### **Nutrients** (% of daily need)

Calories: 196.46kcal (9.82%), Fat: 5.99g (9.22%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 27.26g (9.91%), Sugar: 1.62g (1.8%), Cholesterol: 73.51mg (24.5%), Sodium: 390mg (16.96%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 6.72g (13.45%), Selenium: 17.55µg (25.08%), Vitamin B1: O.3mg (19.75%), Folate: 72.11µg (18.03%), Vitamin B2: O.29mg (17.09%), Manganese: O.24mg (12.16%), Iron: 1.92mg (10.69%), Phosphorus: 105.66mg (10.57%), Vitamin B3: 2.1mg (10.49%), Calcium: 72.27mg (7.23%), Copper: O.11mg (5.65%), Vitamin B12: O.34µg (5.6%), Vitamin A: 264.44IU (5.29%), Vitamin B5: O.52mg (5.19%), Vitamin D: O.66µg (4.39%), Zinc: O.62mg (4.14%), Magnesium: 16.48mg (4.12%), Fiber: O.94g (3.75%), Potassium: 108.27mg (3.09%), Vitamin B6: O.06mg (3.07%), Vitamin E: O.31mg (2.07%)