



Buttered Spaetzle

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon double-acting 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

Directions

- ☐ 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



Properties

Glycemic Index:36.17, Glycemic Load:19.21, Inflammation Score:-4, Nutrition Score:7.7365217001542%

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 %: 0% (100%), Protein: 6.72g (13.45%), Selenium: 17.55µg (25.08%), Vitamin B1: 0.3mg (19.75%), Folate: 72.11µg (18.03%), Vitamin B2: 0.29mg (17.09%), Manganese: 0.24mg (12.16%), Iron: 1.92mg (10.69%), Phosphorus: 105.66mg (10.57%), Vitamin B3: 2.1mg (10.49%), Calcium: 72.27mg (7.23%), Copper: 0.11mg (5.65%), Vitamin B12: 0.34µg (5.6%), Vitamin A: 264.44IU (5.29%), Vitamin B5: 0.52mg (5.19%), Vitamin D: 0.66µg (4.39%), Zinc: 0.62mg (4.14%), Magnesium: 16.48mg (4.12%), Fiber: 0.94g (3.75%), Potassium: 108.27mg (3.09%), Vitamin B6: 0.06mg (3.07%), Vitamin E: 0.31mg (2.07%)