

Colander Spaetzle

READY IN
SERVINGS
25 min.

6 Gluten Free

CALORIES

O

105 kcal

SIDE DISH

Ingredients

3 eggs

0.5 teaspoon nutmeg grated

1 cup ricotta cheese

1 teaspoon salt

0.5 teaspoon pepper white

Equipment

bowl

pot

	spatula	
	slotted spoon	
	colander	
Dii	rections	
	Boil a large pot of salted water.	
	Meanwhile, in a large bowl, combine all the ingredients except the flour. Blend well, then slow stir in the flour until the mixture becomes a stiff batter.	νly
	Place a colander with large holes over the pot and, with a rubber spatula, press small amount of the batter through the holes directly into the water.	าts
	As the spaetzle gradually rise to the surface of the boiling water, use a slotted spoon to transfer them to a serving dish.	
	Serve immediately, while still warm.	
	Nutrition Facts	
	PROTEIN 28.68% FAT 65.12% CARBS 6.2%	
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Properties

Glycemic Index:16.17, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:4.1134782532311%

Nutrients (% of daily need)

Calories: 104.75kcal (5.24%), Fat: 7.52g (11.57%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.53g (0.56%), Sugar: 0.24g (0.27%), Cholesterol: 102.92mg (34.31%), Sodium: 453.58mg (19.72%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 7.45g (14.91%), Selenium: 12.76µg (18.22%), Phosphorus: 109.51mg (10.95%), Vitamin B2: 0.18mg (10.67%), Calcium: 98.87mg (9.89%), Vitamin A: 302.9IU (6.06%), Vitamin B12: 0.34µg (5.61%), Zinc: 0.77mg (5.13%), Vitamin B5: 0.43mg (4.25%), Folate: 15.44µg (3.86%), Vitamin D: 0.52µg (3.48%), Iron: 0.57mg (3.19%), Vitamin B6: 0.06mg (2.78%), Potassium: 74.54mg (2.13%), Magnesium: 7.65mg (1.91%), Vitamin E: 0.28mg (1.84%), Copper: 0.03mg (1.4%), Manganese: 0.02mg (1.08%)