

Colander Spaetzle



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



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

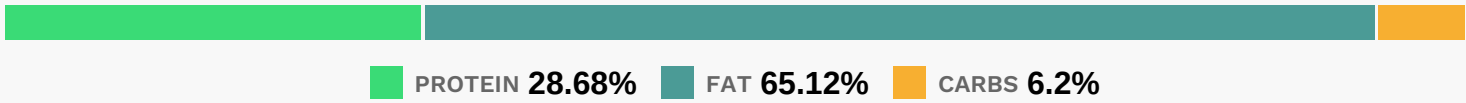
- ☐ bowl
- ☐ pot

- ☐ spatula
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Boil a large pot of salted water.
- ☐ Meanwhile, in a large bowl, combine all the ingredients except the flour. Blend well, then slowly stir in the flour until the mixture becomes a stiff batter.
- ☐ Place a colander with large holes over the pot and, with a rubber spatula, press small amounts of the batter through the holes directly into the water.
- ☐ 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



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 %: 0% (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%)