



Fleischkuechle (Flesh-Keek-Luh)

READY IN



40 min.

SERVINGS



10

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 eggs
- 8 ounces extra ground beef lean
- 6 cups flour all-purpose
- 1 teaspoon ground pepper black
- 2 cups milk
- 1 quart oil for deep frying
- 1 small onion diced
- 1 teaspoon salt

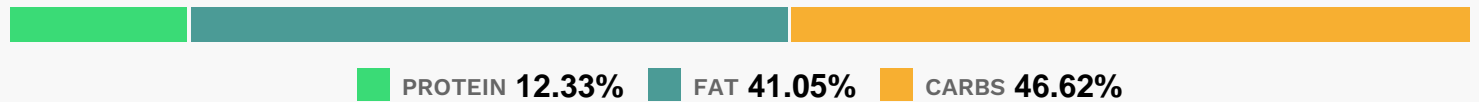
Equipment

- bowl
- frying pan
- deep fryer

Directions

- In a medium bowl, mix together the ground beef, onion, salt and pepper until well blended. Set aside.
- In a large bowl, stir together the flour and salt.
- Pour in the eggs and milk, and stir until well blended using a sturdy spoon. Form the dough into 2 inch balls, and roll out into circles 1/4 inch thick on a floured surface.
- Form the beef into golf ball sized balls, and place each one onto one half of a dough circle. Fold the other halves of the circles over to enclose the dough. Seal the edges using a saucer or pressing with your fingers.
- Heat the oil in a deep fryer to 365 degrees F (185 degrees C), or over medium-high heat in a large deep skillet. Fry the Keuchle until golden brown, turning once. It should take about 10 minutes total for each batch.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:42.44, Inflammation Score:-6, Nutrition Score:17.062608661859%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 522.84kcal (26.14%), Fat: 23.63g (36.35%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 60.39g (20.13%), Net Carbohydrates: 58.19g (21.16%), Sugar: 2.9g (3.22%), Cholesterol: 69.02mg (23.01%), Sodium: 286.62mg (12.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.96g (31.93%), Selenium: 34.4µg (49.14%),

Vitamin B1: 0.63mg (42.27%), Folate: 145.95µg (36.49%), Vitamin B2: 0.54mg (31.58%), Vitamin B3: 5.75mg (28.73%), Manganese: 0.55mg (27.73%), Vitamin E: 3.59mg (23.91%), Iron: 4.29mg (23.82%), Phosphorus: 203.68mg (20.37%), Vitamin B12: 0.89µg (14.82%), Zinc: 2.06mg (13.76%), Vitamin K: 14.33µg (13.65%), Vitamin B6: 0.18mg (9.15%), Fiber: 2.19g (8.78%), Vitamin B5: 0.87mg (8.7%), Calcium: 83.35mg (8.33%), Potassium: 263.06mg (7.52%), Magnesium: 29.98mg (7.49%), Copper: 0.14mg (7.05%), Vitamin D: 0.82µg (5.49%), Vitamin A: 151.57IU (3.03%)