



Garlic-Herbed Spaetzle

 Vegetarian

READY IN



24 min.

SERVINGS



10

CALORIES



121 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black
- 2 tablespoons butter
- 2 large eggs
- 0.8 cup milk fat-free
- 1.8 cups flour all-purpose
- 2 tablespoons chives fresh chopped
- 2 tablespoons parsley fresh chopped
- 1 garlic clove minced

- 1 teaspoon salt
- 2 quarts water

Equipment

- bowl
- frying pan
- knife
- whisk
- spatula
- measuring cup
- dutch oven

Directions

- Bring 2 quarts water to a boil in a Dutch oven.
- . While water comes to a boil, lightly spoon flour into dry measuring cups; level with a knife.
- Combine flour, salt, and pepper in a large bowl.
- Combine eggs and milk in a medium bowl, stirring with a whisk.
- Add milk mixture to flour mixture, stirring with a whisk until smooth. Fill cup of a spaetzle maker with batter. Working quickly, place maker over Dutch oven, and press dough into boiling water. Quickly repeat procedure until all batter has been pressed into water. Cook 2 minutes.
- Drain well.
- . Melt butter in a large nonstick skillet with deep sides over medium-high heat; add garlic, and saut 30 seconds.
- Add spaetzle; cook 7 minutes or until golden, turning with a large spatula every 2 minutes. Stir in herbs, and serve immediately.

Nutrition Facts



PROTEIN 14.18% FAT 26.04% CARBS 59.78%

Properties

Glycemic Index:29.73, Glycemic Load:12.43, Inflammation Score:-3, Nutrition Score:5.7200000026952%

Flavonoids

Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg, Apigenin: 1.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 121.41kcal (6.07%), Fat: 3.47g (5.33%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 17.24g (6.27%), Sugar: 1.05g (1.16%), Cholesterol: 43.77mg (14.59%), Sodium: 282.72mg (12.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.25g (8.49%), Selenium: 10.94µg (15.62%), Vitamin K: 14.86µg (14.15%), Vitamin B1: 0.19mg (12.53%), Folate: 47.05µg (11.76%), Vitamin B2: 0.18mg (10.63%), Manganese: 0.17mg (8.72%), Iron: 1.27mg (7.04%), Vitamin B3: 1.34mg (6.7%), Phosphorus: 65.19mg (6.52%), Vitamin A: 255.54IU (5.11%), Calcium: 42.27mg (4.23%), Copper: 0.07mg (3.69%), Vitamin B12: 0.2µg (3.34%), Vitamin B5: 0.33mg (3.26%), Magnesium: 11.07mg (2.77%), Zinc: 0.4mg (2.69%), Vitamin D: 0.4µg (2.68%), Fiber: 0.66g (2.65%), Potassium: 77.35mg (2.21%), Vitamin B6: 0.04mg (2.15%), Vitamin C: 1.51mg (1.83%), Vitamin E: 0.19mg (1.28%)