



## German Spaetzle Dumplings

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

### Ingredients

- 2 tablespoons butter
- 2 eggs
- 1 cup flour all-purpose
- 2 tablespoons parsley fresh chopped
- 0.5 teaspoon ground nutmeg
- 0.3 cup milk
- 0.5 teaspoon salt
- 1 gallon water hot

1 pinch pepper white freshly ground

## Equipment

sieve

grater

## Directions

Mix together flour, salt, white pepper, and nutmeg. Beat eggs well, and add alternately with the milk to the dry ingredients.

Mix until smooth.

Press dough through spaetzle maker, or a large holed sieve or metal grater.

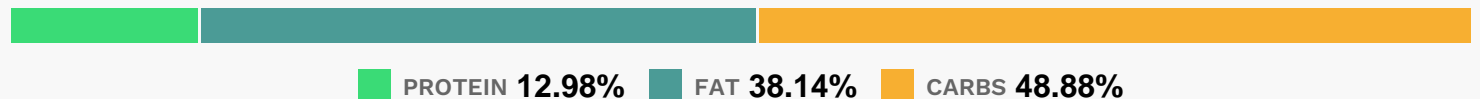
Drop a few at a time into simmering liquid. Cook 5 to 8 minutes.

Drain well.

Saute cooked spaetzle in butter or margarine.

Sprinkle chopped fresh parsley on top, and serve.

## Nutrition Facts



## Properties

Glycemic Index:44.17, Glycemic Load:11.73, Inflammation Score:-4, Nutrition Score:6.3534783073094%

## Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

## Nutrients (% of daily need)

Calories: 137.82kcal (6.89%), Fat: 5.78g (8.89%), Saturated Fat: 3.12g (19.53%), Carbohydrates: 16.67g (5.56%), Net Carbohydrates: 16.02g (5.83%), Sugar: 0.66g (0.73%), Cholesterol: 65.81mg (21.94%), Sodium: 281.22mg (12.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.85%), Vitamin K: 22.33µg (21.27%), Selenium: 11.81µg (16.87%), Folate: 47.31µg (11.83%), Vitamin B1: 0.18mg (11.8%), Vitamin B2: 0.19mg (11%), Manganese: 0.16mg (7.77%), Iron: 1.32mg (7.32%), Copper: 0.15mg (7.29%), Vitamin A: 324.78IU (6.5%), Phosphorus: 64.12mg (6.41%), Vitamin B3: 1.27mg (6.37%), Calcium: 46.25mg (4.62%), Magnesium: 14.97mg (3.74%), Vitamin B5: 0.36mg (3.64%), Vitamin

B12: 0.19µg (3.22%), Zinc: 0.46mg (3.08%), Vitamin D: 0.41µg (2.7%), Fiber: 0.65g (2.6%), Vitamin C: 1.79mg (2.16%),  
Vitamin B6: 0.04mg (2.1%), Vitamin E: 0.29mg (1.93%), Potassium: 66.94mg (1.91%)