



German Spaetzle with Sauerkraut

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



613 kcal

SIDE DISH

Ingredients

- 4 tablespoons bread crumbs plain
- 0.5 cup butter
- 8 large eggs
- 4.3 cups flour all-purpose
- 1 tablespoon salt
- 14.5 ounce sauerkraut canned
- 1 tablespoon vegetable oil
- 1 cup water

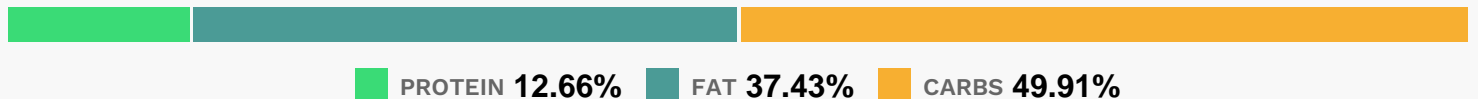
Equipment

- frying pan
- knife
- mixing bowl
- pot
- colander
- cutting board
- glass baking pan

Directions

- Fill a large pot with water, add oil, and bring to a boil.
- Place flour in a large mixing bowl and make a well in the middle.
- Add salt, eggs, and water and beat the dough until smooth and bubbly. The dough should have a thick consistency. Fill a spaetzle press with the dough and squeeze into the boiling water (You may use a colander to push the dough through or a wooden cutting board and scrape dough little by little with a knife into the water).
- When the spaetzle float to the top of the pot, drain them.
- Place half of the spaetzle in a glass baking dish and add a layer of sauerkraut on top.
- Add another layer of spaetzle and sauerkraut. Cover the pan to keep the dish warm.
- In a separate pan melt the butter and add breadcrumbs just long enough to moisten them. Top the spaetzle with the breadcrumbs.
- Serve all layers together, or reheat the next day in a little bit of butter.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:49.19, Inflammation Score:-7, Nutrition Score:23.196956385737%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 612.65kcal (30.63%), Fat: 25.26g (38.87%), Saturated Fat: 12.4g (77.48%), Carbohydrates: 75.79g (25.26%), Net Carbohydrates: 71.1g (25.86%), Sugar: 2.13g (2.37%), Cholesterol: 288.67mg (96.22%), Sodium: 1884.44mg (81.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.22g (38.44%), Selenium: 52.77µg (75.38%), Folate: 217.51µg (54.38%), Vitamin B1: 0.8mg (53.43%), Vitamin B2: 0.79mg (46.5%), Manganese: 0.79mg (39.51%), Iron: 6.62mg (36.77%), Vitamin B3: 5.83mg (29.13%), Phosphorus: 256.87mg (25.69%), Fiber: 4.68g (18.71%), Vitamin A: 845.06IU (16.9%), Vitamin B5: 1.53mg (15.31%), Vitamin K: 15.3µg (14.58%), Copper: 0.27mg (13.27%), Vitamin B6: 0.25mg (12.5%), Vitamin C: 10.07mg (12.21%), Zinc: 1.73mg (11.54%), Vitamin B12: 0.65µg (10.81%), Magnesium: 40.06mg (10.01%), Vitamin E: 1.48mg (9.86%), Potassium: 321.06mg (9.17%), Calcium: 89.81mg (8.98%), Vitamin D: 1.33µg (8.89%)