



## Hand-Cut Spaetzle

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



394 kcal

SIDE DISH

### Ingredients

- 1 cup celery leaves
- 4 large egg yolks
- 2 large eggs
- 3 cups flour all-purpose
- 0.5 cup heavy cream
- 6 servings pepper freshly ground
- 1.5 teaspoons salt
- 2 tablespoons butter unsalted

## Equipment

- bowl
- baking sheet
- pot
- plastic wrap

## Directions

- In a large bowl, combine the flour and salt. In another bowl, beat the egg yolks with the whole eggs and cream. Stir the egg mixture into the flour until a dough forms. Knead and shape the dough into a smooth ball. Flatten the dough into a disk, wrap in plastic wrap and let rest at room temperature for 1 hour.
- Cut the dough into quarters. On a lightly floured work surface, roll out one-quarter of the dough 1/8 inch thick.
- Cut the dough into 3-inch-wide strips.
- Cut each strip crosswise into 1/8-inch-wide noodles and transfer to a baking sheet. Repeat with the remaining dough.
- Bring a large pot of salted water to a boil.
- Add the noodles and cook until tender, about 4 minutes; drain.
- Add the butter to the pot and melt over low heat.
- Add the noodles and celery leaves and toss well. Season with salt and pepper and serve at once.
- Make Ahead: The spaetzle dough can be refrigerated overnight.
- Let return to room temperature before rolling out.

## Nutrition Facts

    
 **PROTEIN 11.5%**  **FAT 37.33%**  **CARBS 51.17%**

## Properties

Glycemic Index:23.17, Glycemic Load:34.69, Inflammation Score:-7, Nutrition Score:14.887826147287%

## Flavonoids

Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg, Apigenin: 1.12mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## **Nutrients (% of daily need)**

Calories: 394.49kcal (19.72%), Fat: 16.22g (24.95%), Saturated Fat: 8.68g (54.24%), Carbohydrates: 50.02g (16.67%), Net Carbohydrates: 47.68g (17.34%), Sugar: 1.4g (1.56%), Cholesterol: 216.85mg (72.28%), Sodium: 649.16mg (28.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.24g (22.49%), Selenium: 33.46µg (47.8%), Folate: 153.9µg (38.48%), Vitamin B1: 0.53mg (35.32%), Vitamin B2: 0.51mg (29.78%), Manganese: 0.49mg (24.62%), Iron: 3.62mg (20.09%), Vitamin B3: 3.85mg (19.24%), Vitamin A: 839.19IU (16.78%), Phosphorus: 166.94mg (16.69%), Vitamin K: 13µg (12.38%), Vitamin B5: 1.02mg (10.22%), Fiber: 2.34g (9.37%), Vitamin D: 1.33µg (8.88%), Vitamin B12: 0.41µg (6.82%), Zinc: 1.02mg (6.79%), Vitamin B6: 0.13mg (6.6%), Potassium: 226.16mg (6.46%), Copper: 0.13mg (6.46%), Calcium: 64.11mg (6.41%), Vitamin E: 0.9mg (6.02%), Magnesium: 22.32mg (5.58%), Vitamin C: 1.34mg (1.63%)