



Herbed Spaetzle

 Vegetarian

READY IN



30 min.

SERVINGS



2

CALORIES



483 kcal

SIDE DISH

Ingredients

- 1 cup flour all-purpose
- 1 teaspoon vegetable oil
- 3 large eggs
- 2 tablespoons butter unsalted cold
- 0.3 cup optional: dill fresh coarsely chopped
- 0.3 cup pkt spinach coarsely chopped
- 1 tablespoon chives fresh coarsely chopped
- 0.3 cup milk whole

0.5 teaspoon salt

Equipment

food processor

bowl

frying pan

whisk

pot

slotted spoon

Directions

Bring a large pot of salted water to a boil. Fill a large bowl with cold water. Stir together flour and salt.

Whisk together eggs and milk, then whisk into flour until batter is smooth.

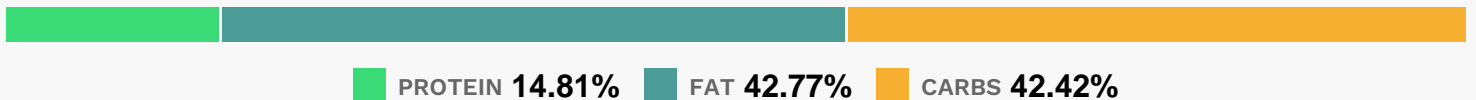
Working over boiling water, force one third of batter through a spaetzle maker or large holes of a food mill. As dumplings float to surface, transfer them to bowl of cold water with a slotted spoon. Make 2 more batches in same manner.

Drain dumplings well and toss with oil. Pulse dill, spinach, chives, and 1 tablespoon butter in a food processor until a paste forms.

Heat remaining tablespoon butter in a large nonstick skillet over moderately high heat until foam subsides, then sauté dumplings, stirring, until golden.

Add herb butter and sauté, stirring, until dumplings are coated and heated through. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:102.5, Glycemic Load:35.3, Inflammation Score:-8, Nutrition Score:20.754782697429%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg, Isorhamnetin: 2.66mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 483.26kcal (24.16%), Fat: 22.74g (34.99%), Saturated Fat: 10.74g (67.15%), Carbohydrates: 50.76g (16.92%), Net Carbohydrates: 48.82g (17.75%), Sugar: 2.45g (2.73%), Cholesterol: 313.98mg (104.66%), Sodium: 712.7mg (30.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.72g (35.44%), Selenium: 45.18µg (64.54%), Vitamin B2: 0.74mg (43.45%), Folate: 167.71µg (41.93%), Vitamin B1: 0.55mg (36.77%), Vitamin A: 1691.1IU (33.82%), Manganese: 0.56mg (28.22%), Phosphorus: 267.02mg (26.7%), Iron: 4.73mg (26.3%), Vitamin K: 26.96µg (25.68%), Vitamin B3: 3.92mg (19.62%), Vitamin B5: 1.62mg (16.21%), Vitamin B12: 0.91µg (15.18%), Vitamin D: 2.16µg (14.38%), Calcium: 122.43mg (12.24%), Zinc: 1.67mg (11.12%), Vitamin B6: 0.2mg (10.02%), Vitamin E: 1.43mg (9.56%), Magnesium: 34.75mg (8.69%), Potassium: 303.58mg (8.67%), Vitamin C: 6.92mg (8.39%), Copper: 0.16mg (8.15%), Fiber: 1.93g (7.72%)