



Herbed Spaetzle

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 2.3 cups flour all-purpose
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 0.5 teaspoon thyme leaves fresh finely chopped
- ☐ 0.5 recipe warm three-mushroom gravy
- ☐ 1.3 teaspoons salt

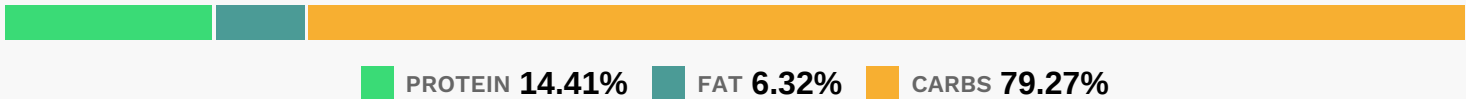
Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ cake form
- ☐ spatula
- ☐ slotted spoon
- ☐ cutting board
- ☐ chefs knife

Directions

- ☐ In a medium bowl, lightly beat the egg and egg white with 1 cup of water. Stir in the flour, chives, parsley, thyme, and salt just until a sticky dough forms. (The spaetzle dough can be refrigerated, covered, for up to 4 hours.)
- ☐ Bring a large pot of salted water to a simmer. Pat one-third of the dough into a 3-inch square on a small cutting board with a handle, or on the back of a square cake pan. Using a moistened metal spatula or chef's knife, cut off a 1/4-inch-thick strip of dough and scrape it into the simmering water. Working quickly over the pot, slice the remaining dough into the simmering water, moistening the spatula or knife if it sticks to the dough. Stir the spaetzle and cook over moderate heat until the dumplings float to the surface and are just cooked through, about 2 minutes. Using a slotted spoon, transfer the spaetzle to a bowl and keep warm. Repeat the process with the remaining dough.
- ☐ Add the Three-Mushroom Gravy to the cooked spaetzle and toss gently to combine.
- ☐ Serve at once.
- ☐ Notes: ONE SERVING: Calories 217 kcal, Protein 9 gm, Carbohydrate 41 gm, Cholesterol 35 mg, Total Fat 6 gm, Saturated Fat .64 gm

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:25.9, Inflammation Score:-5, Nutrition Score:8.1434782458388%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 185.99kcal (9.3%), Fat: 1.27g (1.96%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 34.66g (12.6%), Sugar: 0.21g (0.24%), Cholesterol: 31.01mg (10.34%), Sodium: 507.16mg (22.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.54g (13.08%), Selenium: 19.56µg (27.94%), Vitamin B1: 0.37mg (24.84%), Folate: 91.53µg (22.88%), Vitamin B2: 0.3mg (17.4%), Manganese: 0.33mg (16.48%), Vitamin B3: 2.79mg (13.97%), Iron: 2.41mg (13.38%), Vitamin K: 12.16µg (11.58%), Phosphorus: 68.8mg (6.88%), Fiber: 1.32g (5.29%), Copper: 0.08mg (3.89%), Vitamin B5: 0.35mg (3.48%), Magnesium: 12.74mg (3.18%), Zinc: 0.45mg (3.01%), Vitamin A: 130.84IU (2.62%), Potassium: 76.91mg (2.2%), Vitamin B6: 0.04mg (1.85%), Vitamin C: 1.44mg (1.75%), Calcium: 14.44mg (1.44%), Vitamin B12: 0.08µg (1.32%), Vitamin D: 0.17µg (1.11%)