



Herbed Spaetzle with Curry-Lime Butter

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



267 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 0.5 cup crème fraîche
- ☐ 3 large eggs
- ☐ 3 cups flour all-purpose
- ☐ 1 tablespoon chives fresh coarsely chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.5 cup curry-lime butter divided

- ☐ 1.3 cups milk
- ☐ 0.5 teaspoon nutmeg freshly grated
- ☐ 1.5 teaspoons salt
- ☐ 1.8 teaspoons salt divided
- ☐ 6 quarts water

Equipment

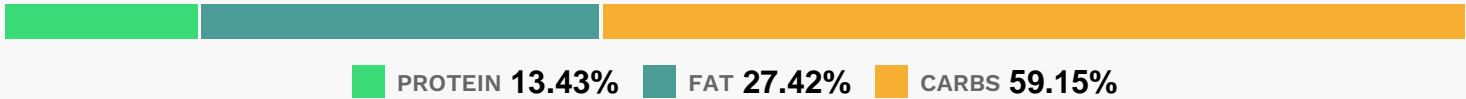
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula
- ☐ slotted spoon
- ☐ dutch oven
- ☐ colander

Directions

- ☐ Prepare Curry-Lime Butter; chill.
- ☐ Bring 6 quarts of water and 1 1/2 teaspoons salt to a boil in a large Dutch oven.
- ☐ Meanwhile, whisk together flour and 1 teaspoon salt in a medium bowl; make a well in center of mixture.
- ☐ Whisk together milk, eggs, and crme frache until blended.
- ☐ Add to flour mixture, stirring until smooth (batter will be thick). Force batter, in batches, through a spaetzle maker or colander into boiling salted water. Cook each batch 1 minute. Quickly remove each batch from boiling water with a slotted spoon, and plunge into ice water. (Set a clean colander down into the ice water to separate the spaetzle from the ice cubes so you won't have to pick out unmelted cubes after draining.)
- ☐ Drain well, and place in a large bowl.
- ☐ Add oil, and toss gently.
- ☐ Cut 1/4 cup Curry-Lime Butter into pieces; melt in a large skillet with straight sides over medium heat.

- ☐
- Add spaetzle to pan. Cook 15 minutes or until golden, turning with a large spatula every 2 minutes.
- ☐
- Cut remaining 1/4 cup Curry-Lime Butter into pieces, and add to spaetzle along with parsley, chives, nutmeg, pepper, and remaining 3/4 teaspoon salt. Toss gently.
- ☐
- Tip: If you don't have the equipment or patience for homemade spaetzle, you can buy it prepared. But don't skimp on the Curry-Lime Butter; it's worth the effort.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:26.75, Inflammation Score:-5, Nutrition Score:11.270869524583%

Flavonoids

Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 267.31kcal (13.37%), Fat: 8.07g (12.41%), Saturated Fat: 2.99g (18.66%), Carbohydrates: 39.17g (13.06%), Net Carbohydrates: 37.65g (13.69%), Sugar: 2.67g (2.97%), Cholesterol: 82.81mg (27.6%), Sodium: 1027.18mg (44.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.79%), Selenium: 22.94µg (32.77%), Vitamin B1: 0.4mg (26.85%), Folate: 97.21µg (24.3%), Vitamin B2: 0.4mg (23.32%), Manganese: 0.35mg (17.64%), Iron: 2.61mg (14.5%), Vitamin B3: 2.86mg (14.29%), Phosphorus: 139.23mg (13.92%), Vitamin K: 11.01µg (10.49%), Calcium: 104.62mg (10.46%), Copper: 0.21mg (10.32%), Vitamin B5: 0.7mg (7.01%), Magnesium: 26.91mg (6.73%), Vitamin B12: 0.4µg (6.72%), Vitamin A: 314.82IU (6.3%), Fiber: 1.52g (6.07%), Zinc: 0.87mg (5.77%), Vitamin D: 0.79µg (5.3%), Potassium: 163.48mg (4.67%), Vitamin B6: 0.09mg (4.29%), Vitamin E: 0.62mg (4.16%), Vitamin C: 2.76mg (3.35%)