



## Kaese Spaetzle

 Vegetarian  Popular

READY IN



60 min.

SERVINGS



8

CALORIES



238 kcal

SIDE DISH

## Ingredients

- 3 tablespoons butter
- 3 eggs
- 1.5 cups emmentaler cheese shredded
- 1.5 cups flour all-purpose
- 0.8 teaspoon ground nutmeg
- 0.4 cup milk 2%
- 1 onion sliced
- 0.1 teaspoon pepper

0.8 teaspoon salt

## Equipment

bowl

frying pan

pot

slotted spoon

colander

potato ricer

grater

## Directions

Sift together flour, nutmeg, salt and pepper. Beat eggs in a medium bowl. Alternately mix in milk and the flour mixture until smooth.

Let stand for 30 minutes.

Bring a large pot of lightly salted water to a boil. Press batter through a spaetzle press into the water. You may also use a potato ricer, colander, or a cheese grater. When the spaetzle has floated to the top of the water, remove it to a bowl with a slotted spoon.

Mix in 1 cup of the cheese.

Melt butter in a large skillet over medium-high heat.

Add onion, and cook until golden. Stir in spaetzle and remaining cheese until well blended.

Remove from heat, and serve immediately.

## Nutrition Facts



**PROTEIN 17.81%** **FAT 48.03%** **CARBS 34.16%**

## Properties

Glycemic Index:35.13, Glycemic Load:13.34, Inflammation Score:-4, Nutrition Score:8.5934782391009%

## Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

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

Calories: 238.23kcal (11.91%), Fat: 12.64g (19.44%), Saturated Fat: 7.13g (44.57%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 19.31g (7.02%), Sugar: 1.32g (1.47%), Cholesterol: 92.39mg (30.8%), Sodium: 318.92mg (13.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.54g (21.09%), Selenium: 19.51µg (27.87%), Calcium: 211.3mg (21.13%), Phosphorus: 190.09mg (19.01%), Vitamin B2: 0.28mg (16.39%), Folate: 55.94µg (13.98%), Vitamin B12: 0.83µg (13.77%), Vitamin B1: 0.2mg (13.63%), Manganese: 0.19mg (9.74%), Zinc: 1.35mg (8.99%), Iron: 1.45mg (8.03%), Vitamin A: 400.29IU (8.01%), Vitamin B3: 1.44mg (7.2%), Vitamin B5: 0.5mg (5.05%), Magnesium: 16.92mg (4.23%), Vitamin B6: 0.07mg (3.69%), Fiber: 0.91g (3.65%), Copper: 0.06mg (3.18%), Vitamin E: 0.44mg (2.91%), Potassium: 100.16mg (2.86%), Vitamin D: 0.33µg (2.2%), Vitamin C: 1.05mg (1.27%)