



Mushroom and Mustard Spaetzle

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



380 kcal

SIDE DISH

Ingredients

- ☐ 1.5 pounds button mushrooms quartered
- ☐ 2 tablespoons chives minced
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup heavy whipping cream

- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup milk
- ☐ 2 tablespoon olive oil extra-virgin plus more
- ☐ 1 teaspoon salt
- ☐ 2 sprigs thyme leaves
- ☐ 4 tablespoons butter unsalted
- ☐ 2 tablespoons grain mustard whole

Equipment

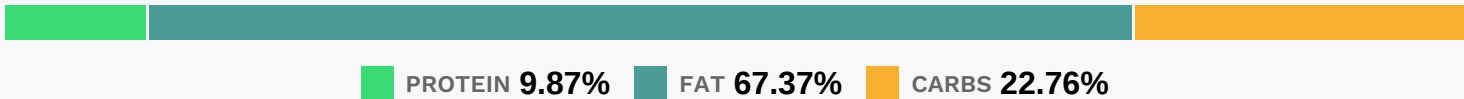
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ spatula
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Add 2 tablespoons of butter and the oil to a large skillet over medium heat.
- ☐ Add the cooked spaetzle and saute until slightly browned, about 2 to 3 minutes.
- ☐ Remove from the pan to a serving platter and set aside while you cook the mushrooms. Set the skillet back over high heat and add a little more olive oil and remaining 2 tablespoons of butter.
- ☐ Add the thyme, mushrooms and garlic and saute until golden brown, about 4 to 5 minutes. Season with salt and pepper, to taste.
- ☐ Add the cream and mustard and stir well. Reduce the mixture until the sauce is nice and thick, about 3 minutes. Fold in the spaetzle.
- ☐ Transfer to a serving bowl, garnish with chives and serve alongside the pork schnitzel, if desired.

- ☐
- In a large bowl, combine the flour, salt, pepper, and nutmeg. In another mixing bowl, whisk the eggs and milk together. Make a well in the center of the dry ingredients and pour in the egg-milk mixture. Gradually draw in the flour from the sides and combine well; the dough should be smooth and thick.
- ☐
- Let the dough rest for 10 to 15 minutes.
- ☐
- Bring 3 quarts of salted water to a boil in a large pot, over medium heat. Reduce the heat to a simmer. To form the spaetzle, hold a large holed colander or slotted spoon over the simmering water and push the dough through the holes with a spatula or spoon. Do this in batches so you don't overcrowd the pot. Cook for 3 to 4 minutes or until the spaetzle floats to the surface, stirring gently to prevent sticking.
- ☐
- Drain the spaetzle in a colander and give it a quick rinse with cool water. This can be made up to 1 hour in advance.

Nutrition Facts



Properties

Glycemic Index:71.83, Glycemic Load:12.68, Inflammation Score:-7, Nutrition Score:14.884347977846%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 380.04kcal (19%), Fat: 29.28g (45.05%), Saturated Fat: 15.4g (96.27%), Carbohydrates: 22.25g (7.42%), Net Carbohydrates: 20.17g (7.33%), Sugar: 4.14g (4.6%), Cholesterol: 128.11mg (42.7%), Sodium: 488.32mg (21.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.66g (19.31%), Vitamin B2: 0.73mg (43.2%), Selenium: 26.07µg (37.24%), Vitamin B3: 5.43mg (27.14%), Vitamin B5: 2.22mg (22.23%), Copper: 0.42mg (21.17%), Vitamin A: 987.36IU (19.75%), Phosphorus: 197mg (19.7%), Vitamin B1: 0.29mg (19.27%), Folate: 68.79µg (17.2%), Manganese: 0.29mg (14.28%), Potassium: 481.53mg (13.76%), Iron: 2.1mg (11.64%), Vitamin E: 1.48mg (9.87%), Vitamin B6: 0.2mg (9.75%), Vitamin D: 1.45µg (9.64%), Fiber: 2.09g (8.36%), Zinc: 1.16mg (7.71%), Vitamin K: 7.53µg (7.17%), Calcium: 65.64mg (6.56%), Magnesium: 25.19mg (6.3%), Vitamin B12: 0.33µg (5.47%), Vitamin C: 4.07mg (4.93%)