



Mushroom Stew with Spaetzle

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 10 ounce button mushrooms halved
- 1 tablespoon canola oil
- 7 cups cremini mushrooms sliced () (14 ounces)
- 0.4 ounce porcini mushrooms dried
- 2 large eggs
- 1 cup flour all-purpose

- 2 tablespoons flour all-purpose
- 0.5 cup flat-leaf parsley fresh divided chopped
- 2 garlic cloves minced
- 3 tablespoons milk 1% low-fat
- 1.5 cups onion chopped
- 1 tablespoon paprika
- 0.3 cup red wine
- 0.3 teaspoon salt
- 1.5 cups vegetable broth organic
- 0.5 cup water boiling
- 2 quarts water

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- knife
- whisk
- sieve
- spatula
- measuring cup
- slotted spoon
- dutch oven
- colander

Directions

- Weigh or lightly spoon 5 ounces flour into a dry measuring cup, and level with a knife. Sift together flour and 1/4 teaspoon salt.

- Combine milk and eggs in a medium bowl; stir with a whisk.
- Add flour mixture to egg mixture, stirring until well combined.
- Let stand 10 minutes.
- Bring 2 quarts water to a boil in a large saucepan. Hold a colander with large holes (about 1/4 inch in diameter) over boiling water; spoon about 1/2 cup dough into colander. Press dough through holes with a rubber spatula (droplets will form spaetzle); set colander aside. Cook 3 minutes or until done (spaetzle will rise to the surface).
- Remove with a slotted spoon; drain in a strainer (spaetzle will stick to a paper towel). Repeat procedure with remaining dough.
- Combine porcini mushrooms and 1/2 cup boiling water in a small bowl; cover and let stand 30 minutes.
- Drain mushroom mixture in a colander over a bowl, reserving 1/4 cup liquid. Rinse and chop mushrooms.
- Heat oil in a Dutch oven over medium-high heat.
- Add onion and garlic to pan; saut 2 minutes.
- Add reserved porcini mushrooms, cremini mushrooms, and button mushrooms to pan; saut 15 minutes or until moisture almost evaporates. Stir in 2 tablespoons flour and paprika.
- Add wine to pan; cook 1 minute or until liquid is absorbed. Stir in reserved mushroom liquid and broth; bring to a boil. Reduce heat, and simmer 15 minutes, stirring occasionally.
- Add 1/4 cup parsley, vinegar, 1/4 teaspoon salt, and pepper to pan; cook for 1 minute.
- Add spaetzle to pan; cook 2 minutes or until thoroughly heated.
- Garnish with remaining 1/4 cup parsley.

Nutrition Facts



Properties

Glycemic Index:107, Glycemic Load:22.13, Inflammation Score:-9, Nutrition Score:33.785651953324%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg

Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg, Quercetin: 12.38mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 303.65kcal (15.18%), Fat: 7.08g (10.89%), Saturated Fat: 1.29g (8.08%), Carbohydrates: 46.75g (15.58%), Net Carbohydrates: 42.09g (15.31%), Sugar: 8.39g (9.33%), Cholesterol: 93.56mg (31.19%), Sodium: 584.26mg (25.4%), Alcohol: 1.59g (100%), Alcohol %: 0.21% (100%), Protein: 14g (28%), Vitamin K: 127.62µg (121.54%), Selenium: 61.02µg (87.17%), Vitamin B2: 1.29mg (75.92%), Copper: 1.2mg (59.86%), Vitamin B3: 10.21mg (51.04%), Vitamin B5: 4.27mg (42.73%), Folate: 147.78µg (36.94%), Vitamin A: 1840.82IU (36.82%), Phosphorus: 352.52mg (35.25%), Vitamin B1: 0.52mg (34.66%), Manganese: 0.67mg (33.56%), Potassium: 1119.07mg (31.97%), Iron: 4.05mg (22.51%), Vitamin B6: 0.45mg (22.32%), Vitamin C: 16.48mg (19.98%), Zinc: 2.92mg (19.5%), Fiber: 4.66g (18.63%), Magnesium: 53.86mg (13.47%), Calcium: 107mg (10.7%), Vitamin E: 1.5mg (9.99%), Vitamin B12: 0.45µg (7.42%), Vitamin D: 1µg (6.63%)