



One Special Spaetzle

READY IN



21 min.

SERVINGS



4

CALORIES



431 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 eggs
- ☐ 1.8 cups flour for kneading
- ☐ 2 teaspoons flat-leaf parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 3 quarts chicken stock see low sodium
- ☐ 2 tablespoons parmesan finely grated for garnish
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper black freshly ground

☐ 0.5 cup water cold

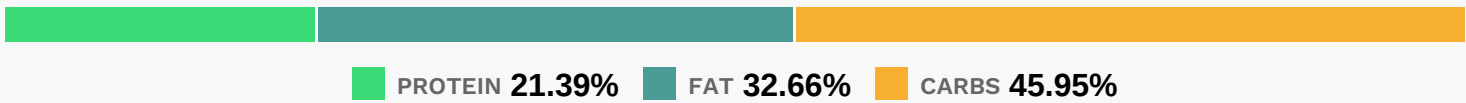
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon
- ☐ cutting board
- ☐ pizza cutter

Directions

- ☐ In a medium bowl, combine water, flour, eggs and salt with a wooden spoon.
- ☐ Place dough mixture on a clean cutting board. Flour both sides of the dough and roll into a long rectangle, approximately 12 by 2-inches and 1/8-inch thick. With pizza cutter, cut into strips, 2-inches in length and 1/4-inch wide.
- ☐ Bring chicken stock to a boil in a large saucepan. Fill a large bowl with ice water. Drop spaetzle in batches into boiling stock and cook until pasta floats to the surface.
- ☐ Remove pasta to the ice bath.
- ☐ Drain spaetzle and hold on sheet pan. Continue with the other batches.
- ☐ In a medium saute pan, add butter, and melt over medium heat until butter turns a light brown.
- ☐ Add garlic and cook until it becomes lightly colored.
- ☐ Add spaetzle to the pan to heat through.
- ☐ Add parsley, cheese, salt and pepper, to taste.
- ☐ Serve in a bowl, garnished with Parmesan.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:30.3, Inflammation Score:-5, Nutrition Score:17.090869665146%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 430.56kcal (21.53%), Fat: 16.06g (24.7%), Saturated Fat: 7.85g (49.08%), Carbohydrates: 50.81g (16.94%), Net Carbohydrates: 49.29g (17.92%), Sugar: 1.19g (1.32%), Cholesterol: 106.11mg (35.37%), Sodium: 935.85mg (40.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.66g (47.32%), Vitamin B3: 12.99mg (64.94%), Selenium: 26.07µg (37.25%), Vitamin B2: 0.6mg (35.09%), Phosphorus: 336.76mg (33.68%), Vitamin B1: 0.44mg (29.42%), Folate: 111.02µg (27.76%), Iron: 4.47mg (24.81%), Copper: 0.47mg (23.31%), Manganese: 0.41mg (20.33%), Potassium: 708.83mg (20.25%), Vitamin B12: 0.95µg (15.89%), Zinc: 1.47mg (9.8%), Calcium: 84.15mg (8.42%), Vitamin A: 405.55IU (8.11%), Vitamin B6: 0.14mg (7.23%), Fiber: 1.52g (6.08%), Vitamin B5: 0.61mg (6.06%), Magnesium: 23.77mg (5.94%), Vitamin E: 0.51mg (3.43%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2µg (1.91%)