



Papa Oriold's Spaetzle

 Vegetarian  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon double-acting baking powder
- 5 eggs beaten
- 3 cups flour all-purpose
- 1 teaspoon salt
- 1 cup water cold

Equipment

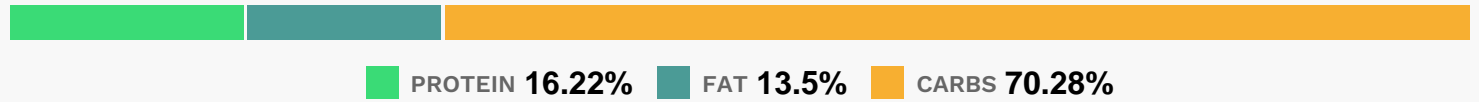
- bowl
- pot

- slotted spoon
- potato ricer

Directions

- Mix flour, water, eggs, salt, and baking powder in a bowl until blended.
- Bring a large pot of water to a boil.
- Place part of the dough into a spaetzle press or potato ricer. Press dough into boiling water; cook and stir until pasta floats, about 2 minutes.
- Remove with a slotted spoon and rinse with water; repeat with remaining dough.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:25.91, Inflammation Score:-4, Nutrition Score:9.0308694923701%

Nutrients (% of daily need)

Calories: 210.02kcal (10.5%), Fat: 3.07g (4.73%), Saturated Fat: 0.93g (5.83%), Carbohydrates: 36g (12%), Net Carbohydrates: 34.74g (12.63%), Sugar: 0.23g (0.25%), Cholesterol: 102.3mg (34.1%), Sodium: 345.4mg (15.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.61%), Selenium: 24.33µg (34.76%), Vitamin B1: 0.38mg (25.26%), Folate: 98.71µg (24.68%), Vitamin B2: 0.36mg (21.01%), Manganese: 0.33mg (16.41%), Iron: 2.67mg (14.85%), Vitamin B3: 2.79mg (13.94%), Phosphorus: 107.81mg (10.78%), Vitamin B5: 0.63mg (6.27%), Fiber: 1.27g (5.06%), Copper: 0.09mg (4.61%), Zinc: 0.69mg (4.58%), Vitamin B12: 0.24µg (4.08%), Vitamin D: 0.55µg (3.67%), Magnesium: 13.95mg (3.49%), Vitamin B6: 0.07mg (3.37%), Calcium: 30.84mg (3.08%), Vitamin A: 148.5IU (2.97%), Potassium: 88.19mg (2.52%), Vitamin E: 0.32mg (2.11%)