



 9%
HEALTH SCORE

Pea Spaetzle with Mint, Chives, and Tomatoes

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



286 kcal

SIDE DISH

Ingredients

- 2 cups flour
- 2.5 teaspoons kosher salt
- 4 large eggs
- 6 tablespoons chives fresh divided chopped
- 1 cup grape tomatoes halved
- 0.3 teaspoon nutmeg generous ()
- 1 cup chicken broth divided
- 6 tablespoons butter divided

- 2 tablespoons mint leaves fresh sliced chopped
- 3.5 cups peas frozen (do not use petite peas)

Equipment

- bowl
- frying pan
- ladle
- pot
- sieve
- blender
- spatula
- colander
- grater

Directions

- Combine 2 cups peas, eggs, 1/2 cup broth, 2 tablespoons chives, 2 tablespoons chopped mint, and salt in blender. Puree until smooth.
- Pour into large bowl. Stir in flour.
- Bring large pot of salted water to boil. Working with 1/3 cup batter at a time, and using rubber spatula, press spaetzle batter into pot through 1/4-inch holes of coarse grater, colander, or wide ladle. Boil each batch 3 minutes. Using strainer, transfer spaetzle to large colander; drain and place in large bowl. Toss spaetzle with 2 tablespoons margarine. DO AHEAD: Can be made 1 day ahead. Cover spaetzle and remaining 1 1/2 cups peas separately and chill.
- Melt 4 tablespoons margarine in large skillet over medium-high heat.
- Add spaetzle and 1/2 cup broth. Simmer until broth is almost evaporated and spaetzle are heated, stirring frequently, about 5 minutes.
- Add remaining 1 1/2 cups peas, 4 tablespoons chives, sliced mint leaves, nutmeg, and tomatoes. Toss until heated. Season with salt and pepper.

Nutrition Facts



■ PROTEIN 15.06% ■ FAT 36.59% ■ CARBS 48.35%

Properties

Glycemic Index:34.04, Glycemic Load:19.92, Inflammation Score:-8, Nutrition Score:15.672173873238%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 286.33kcal (14.32%), Fat: 11.66g (17.93%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 34.65g (11.55%), Net Carbohydrates: 29.8g (10.84%), Sugar: 4.36g (4.85%), Cholesterol: 93mg (31%), Sodium: 875.27mg (38.06%), Alcohol: 0g (100%), Protein: 10.79g (21.58%), Vitamin C: 29.65mg (35.94%), Folate: 116.91µg (29.23%), Vitamin B1: 0.44mg (29%), Selenium: 19.43µg (27.76%), Manganese: 0.53mg (26.41%), Vitamin A: 1302.13IU (26.04%), Vitamin B2: 0.37mg (22.03%), Vitamin K: 22.17µg (21.11%), Fiber: 4.85g (19.41%), Vitamin B3: 3.74mg (18.72%), Phosphorus: 169.85mg (16.98%), Iron: 3.04mg (16.89%), Copper: 0.21mg (10.48%), Zinc: 1.42mg (9.46%), Vitamin B6: 0.19mg (9.35%), Magnesium: 35.55mg (8.89%), Potassium: 310.79mg (8.88%), Vitamin B5: 0.62mg (6.23%), Vitamin E: 0.79mg (5.3%), Calcium: 46.41mg (4.64%), Vitamin B12: 0.26µg (4.38%), Vitamin D: 0.5µg (3.33%)