



Spaetzle

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

Ingredients

- 2 large eggs
- 1 cup flour all-purpose
- 2 tablespoons chives fresh minced
- 0.5 teaspoon ground nutmeg
- 0.5 teaspoon ground pepper
- 0.3 cup milk
- 1 teaspoon salt
- 3 tablespoons butter unsalted

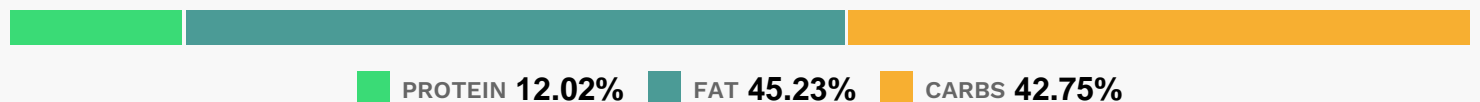
Equipment

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

Directions

- Watch how to make this recipe.
- 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, then reduce 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. Dump the spaetzle into a colander and give it a quick rinse with cool water.
- Melt the butter in a large skillet over medium heat and add the spaetzle; tossing to coat. Cook the spaetzle for 1 to 2 minutes to give the noodles some color, and then sprinkle with the chopped chives and season with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:43.33, Glycemic Load:11.74, Inflammation Score:-3, Nutrition Score:5.3665217394414%

Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 157.55kcal (7.88%), Fat: 7.87g (12.1%), Saturated Fat: 4.39g (27.41%), Carbohydrates: 16.73g (5.58%), Net Carbohydrates: 16.06g (5.84%), Sugar: 0.68g (0.75%), Cholesterol: 78.27mg (26.09%), Sodium: 416.39mg (18.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.41%), Selenium: 12.46µg (17.8%), Vitamin B1: 0.18mg (11.85%), Folate: 47.37µg (11.84%), Vitamin B2: 0.2mg (11.59%), Manganese: 0.18mg (8.91%), Iron: 1.3mg (7.22%), Phosphorus: 68.65mg (6.86%), Vitamin A: 326.01IU (6.52%), Vitamin B3: 1.27mg (6.33%), Vitamin B5: 0.4mg (3.98%), Vitamin D: 0.55µg (3.67%), Vitamin B12: 0.22µg (3.59%), Vitamin K: 3.04µg (2.89%), Calcium: 28.85mg (2.88%), Zinc: 0.42mg (2.81%), Fiber: 0.66g (2.66%), Copper: 0.05mg (2.45%), Vitamin E: 0.36mg (2.39%), Vitamin B6: 0.05mg (2.3%), Magnesium: 8.96mg (2.24%), Potassium: 68.06mg (1.94%)