



Spaetzle

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 0.4 cup percent milk
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 tablespoons butter
- ☐ 3 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 2 cups swiss cheese shredded

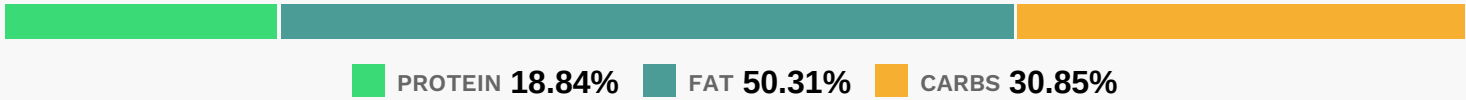
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Sift the flour and salt and pepper together in a large bowl. Beat the eggs and milk in a medium bowl. Alternately mix the milk mixture into the flour until a smooth dough is formed.
- ☐ Bring a large pot of salted water to a boil over medium heat Press batter thorough a spaetzle maker into the water. When the spaetzle float to the top of the water, remove them with a slotted spoon to an oven safe dish. After first layer of spaetzle, add a layer of Swiss cheese. Continue layering until all of the spaetzle and cheese have been used.
- ☐ Bake the spaetzle until the cheese is melted, about 30 minutes.
- ☐ Melt the butter in a large skillet over low heat.
- ☐ Add the onions and cook until golden brown.
- ☐ Pour over melted spaetzle and serve.

Nutrition Facts



Properties

Glycemic Index:26.38, Glycemic Load:13.33, Inflammation Score:-5, Nutrition Score:9.5326087656228%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 263.77kcal (13.19%), Fat: 14.66g (22.55%), Saturated Fat: 8.31g (51.94%), Carbohydrates: 20.23g (6.74%), Net Carbohydrates: 19.36g (7.04%), Sugar: 1.27g (1.41%), Cholesterol: 98.66mg (32.89%), Sodium: 331.38mg (14.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.71%), Selenium: 21.54µg (30.77%), Calcium: 271.03mg (27.1%), Phosphorus: 228.44mg (22.84%), Vitamin B2: 0.3mg (17.59%), Vitamin B12: 1.03µg (17.16%), Folate: 56.4µg (14.1%), Vitamin B1: 0.2mg (13.63%), Zinc: 1.64mg (10.93%), Manganese: 0.19mg (9.48%), Vitamin A: 456.13IU (9.12%), Iron: 1.45mg (8.05%), Vitamin B3: 1.44mg (7.21%), Vitamin B5: 0.53mg (5.34%), Magnesium: 18.8mg (4.7%), Vitamin B6: 0.08mg (3.91%), Fiber: 0.87g (3.5%), Copper: 0.06mg (3.25%), Vitamin E: 0.48mg (3.18%), Potassium: 104.3mg (2.98%), Vitamin D: 0.33µg (2.2%), Vitamin C: 1.04mg (1.26%)