



Spaetzle

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 2 large eggs beaten
- ☐ 0.3 cup water
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash pepper
- ☐ 1 tablespoon butter

Equipment

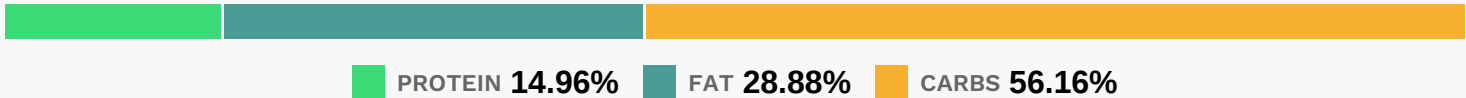
- ☐ bowl

- ☐ dutch oven
- ☐ colander

Directions

- ☐ Fill 4-quart Dutch oven half full with water; heat to boiling. In medium bowl, mix eggs, milk, flour, salt and pepper with fork (batter will be thick).
- ☐ Press a few tablespoons of the batter at a time through colander with 1/4-inch holes, or spaetzle maker, into boiling water. Stir once or twice to prevent sticking. Cook about 2 to 5 minutes or until spaetzle rise to surface and are tender; drain. Toss with butter.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:11.5, Inflammation Score:-2, Nutrition Score:4.5156521593909%

Nutrients (% of daily need)

Calories: 116.49kcal (5.82%), Fat: 3.67g (5.64%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 15.48g (5.63%), Sugar: 0.12g (0.13%), Cholesterol: 62mg (20.67%), Sodium: 143.48mg (6.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.55%), Selenium: 12.18µg (17.4%), Folate: 45.98µg (11.5%), Vitamin B1: 0.17mg (11.36%), Vitamin B2: 0.18mg (10.59%), Manganese: 0.15mg (7.46%), Iron: 1.26mg (7%), Vitamin B3: 1.24mg (6.22%), Phosphorus: 56.06mg (5.61%), Vitamin B5: 0.35mg (3.49%), Vitamin A: 173.55IU (3.47%), Vitamin B12: 0.15µg (2.51%), Zinc: 0.36mg (2.42%), Fiber: 0.57g (2.27%), Vitamin D: 0.33µg (2.22%), Copper: 0.04mg (2.19%), Vitamin B6: 0.04mg (1.89%), Vitamin E: 0.26mg (1.73%), Magnesium: 6.78mg (1.7%), Calcium: 13.59mg (1.36%), Potassium: 46.51mg (1.33%)