



## Spaetzle



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

## Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 Dash nutmeg
- ☐ 1 Dash pepper white
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water

## Equipment

- ☐ mixing bowl
- ☐ dutch oven
- ☐ colander

## Directions

- ☐ Beat eggs in a medium mixing bowl until light and fluffy.
- ☐ Add flour and water alternately, beginning and ending with flour; beat well after each addition. Stir in remaining ingredients, mixing well.
- ☐ Bring 2 quarts water to a simmering boil in a small Dutch oven.
- ☐ Place a greased spaetzle colander or regular colander over water.
- ☐ Place spaetzle mixture into colander; press mixture through colander into water. Cook, uncovered, 5 minutes, stirring frequently.
- ☐ Drain.
- ☐ Spoon spaetzle into hot broths or consomms just before serving.

## Nutrition Facts



## Properties

Glycemic Index:59.25, Glycemic Load:25.99, Inflammation Score:-3, Nutrition Score:8.6860868733214%

## Nutrients (% of daily need)

Calories: 204.27kcal (10.21%), Fat: 2.65g (4.07%), Saturated Fat: 0.83g (5.17%), Carbohydrates: 36.29g (12.1%), Net Carbohydrates: 34.91g (12.69%), Sugar: 0.28g (0.31%), Cholesterol: 81.84mg (27.28%), Sodium: 350.89mg (15.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.31%), Selenium: 22.66µg (32.37%), Vitamin B1: 0.38mg (25.18%), Folate: 96.34µg (24.08%), Vitamin B2: 0.33mg (19.56%), Manganese: 0.34mg (17.23%), Iron: 2.63mg (14.63%), Vitamin B3: 2.79mg (13.94%), Phosphorus: 100.64mg (10.06%), Fiber: 1.38g (5.53%), Vitamin B5: 0.54mg (5.43%), Copper: 0.09mg (4.66%), Zinc: 0.62mg (4.16%), Calcium: 36.23mg (3.62%), Magnesium: 14.01mg (3.5%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Vitamin B6: 0.06mg (2.93%), Vitamin A: 119.06IU (2.38%), Potassium: 81.68mg (2.33%), Vitamin E: 0.26mg (1.73%)