



WHATSheATE



Spaetzle Baked with Ham and Gruyère

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon pepper black
- ☐ 4 ounces ham diced finely
- ☐ 4 large eggs divided
- ☐ 1.7 cups flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 ounces gruyère cheese shredded
- ☐ 2.3 cups milk 1% low-fat divided
- ☐ 1 cup onion finely chopped

- ☐ 1 teaspoon salt divided
- ☐ 2 quarts water

Equipment

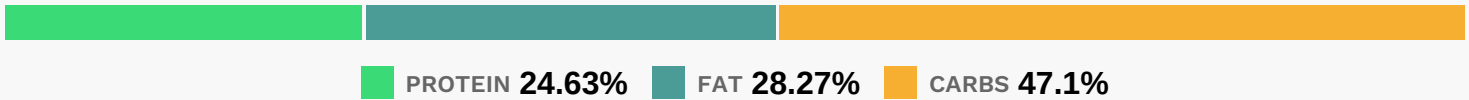
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ spatula
- ☐ measuring cup
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Preheat oven to 37
- ☐ Lightly spoon flour into dry measuring cups; level with a knife. Sift together 1 2/3 cups flour, 1/2 teaspoon salt, and baking powder.
- ☐ Combine 3/4 cup milk and 2 eggs, stirring with a whisk.
- ☐ Add milk mixture to flour mixture, stirring with a whisk until combined.
- ☐ Let stand 10 minutes.
- ☐ Bring 2 quarts water to a boil in a large saucepan. Hold a colander with large holes (about 1/4-inch in diameter) over boiling water; spoon about 1/2 cup dough into colander. Press the dough through holes with a rubber spatula (droplets will form spaetzle); set colander aside. Cook 3 minutes or until done (spaetzle will rise to surface).
- ☐ Remove with a slotted spoon; drain in a strainer (spaetzle will stick to a paper towel). Repeat procedure with remaining dough.

- ☐ Heat a medium nonstick skillet coated with cooking spray over medium heat.
- ☐ Add onion; cook 5 minutes or until lightly browned, stirring frequently.
- ☐ Remove from heat; stir in ham.
- ☐ Combine spaetzle and onion mixture in a 2-quart baking dish coated with cooking spray, tossing gently.
- ☐ Combine remaining 1/2 teaspoon salt, 1 1/2 cups milk, 2 eggs, 2 tablespoons flour, and pepper, stirring with a whisk.
- ☐ Pour milk mixture over spaetzle mixture.
- ☐ Sprinkle evenly with cheese.
- ☐ Bake at 375 for 35 minutes or until cheese is lightly browned.

Nutrition Facts



Properties

Glycemic Index:50.17, Glycemic Load:21.15, Inflammation Score:-6, Nutrition Score:14.074782552926%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 310.97kcal (15.55%), Fat: 9.66g (14.86%), Saturated Fat: 4.3g (26.84%), Carbohydrates: 36.22g (12.07%), Net Carbohydrates: 34.74g (12.63%), Sugar: 6.13g (6.81%), Cholesterol: 154.14mg (51.38%), Sodium: 852.27mg (37.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.94g (37.87%), Selenium: 26.9µg (38.43%), Calcium: 304.92mg (30.49%), Vitamin B2: 0.51mg (29.82%), Phosphorus: 294.63mg (29.46%), Vitamin B1: 0.38mg (25.12%), Folate: 92.05µg (23.01%), Vitamin B12: 1.06µg (17.72%), Manganese: 0.31mg (15.71%), Iron: 2.54mg (14.12%), Vitamin B3: 2.37mg (11.85%), Vitamin D: 1.73µg (11.5%), Zinc: 1.7mg (11.35%), Vitamin B5: 1.11mg (11.07%), Vitamin A: 488.83IU (9.78%), Vitamin B6: 0.17mg (8.49%), Magnesium: 33.93mg (8.48%), Potassium: 278.18mg (7.95%), Copper: 0.15mg (7.27%), Fiber: 1.48g (5.92%), Vitamin E: 0.44mg (2.91%), Vitamin C: 1.97mg (2.39%)