



Spaetzle I

 Vegetarian  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



534 kcal

SIDE DISH

Ingredients

- 5 eggs
- 4 cups flour all-purpose
- 1 teaspoon salt
- 0.8 cup water

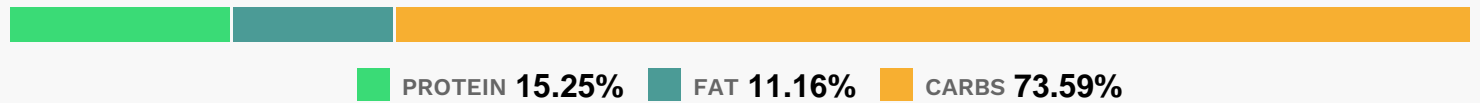
Equipment

- bowl
- pot
- colander

Directions

- In large bowl, combine flour, eggs and salt.
- Add water a little at a time to form a soft dough.
- Boil 2 quarts of water in a large pot. Squeeze dough out into the water using noodle or fruit press or by pressing through a colander with large holes. When noodles float to the top of the water, they are done (3 to 4 minutes).
- Serve as a side or main dish.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:69.01, Inflammation Score:-7, Nutrition Score:22.24782619269%

Nutrients (% of daily need)

Calories: 533.65kcal (26.68%), Fat: 6.46g (9.93%), Saturated Fat: 1.92g (11.97%), Carbohydrates: 95.78g (31.93%), Net Carbohydrates: 92.41g (33.6%), Sugar: 0.54g (0.6%), Cholesterol: 204.6mg (68.2%), Sodium: 664.19mg (28.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.84g (39.69%), Selenium: 59.26µg (84.66%), Vitamin B1: 1mg (66.88%), Folate: 254.6µg (63.65%), Vitamin B2: 0.87mg (51.11%), Manganese: 0.87mg (43.47%), Iron: 6.77mg (37.6%), Vitamin B3: 7.42mg (37.11%), Phosphorus: 243.9mg (24.39%), Vitamin B5: 1.39mg (13.91%), Fiber: 3.38g (13.5%), Copper: 0.23mg (11.36%), Zinc: 1.59mg (10.6%), Magnesium: 34.56mg (8.64%), Vitamin B12: 0.49µg (8.16%), Vitamin B6: 0.15mg (7.42%), Vitamin D: 1.1µg (7.33%), Potassium: 209.77mg (5.99%), Vitamin A: 297IU (5.94%), Calcium: 51.24mg (5.12%), Vitamin E: 0.65mg (4.35%)