

Spaetzle II

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



145 kcal

SIDE DISH

Ingredients

- 2 eggs
- 1 cup flour all-purpose

Equipment

- bowl
- pot

Directions

- Place flour in a medium bowl, making a well for the eggs. Introduce the eggs, and mix with a fork; then knead to form a stiff dough. Pinch off half-inch pieces of batter with fingers, and cook in a large pot of boiling water until dumplings float to the top, 5 to 15 minutes.

Nutrition Facts

PROTEIN 16.95% FAT 15.24% CARBS 67.81%

Properties

Glycemic Index:18.75, Glycemic Load:17.25, Inflammation Score:-2, Nutrition Score:6.3104347936485%

Nutrients (% of daily need)

Calories: 145.21kcal (7.26%), Fat: 2.4g (3.69%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 23.16g (8.42%), Sugar: 0.17g (0.18%), Cholesterol: 81.84mg (27.28%), Sodium: 31.86mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12%), Selenium: 17.35µg (24.78%), Vitamin B1: 0.25mg (16.94%), Folate: 67.53µg (16.88%), Vitamin B2: 0.25mg (14.99%), Manganese: 0.22mg (10.96%), Iron: 1.84mg (10.19%), Vitamin B3: 1.86mg (9.31%), Phosphorus: 77.31mg (7.73%), Vitamin B5: 0.47mg (4.74%), Fiber: 0.84g (3.38%), Zinc: 0.5mg (3.35%), Vitamin B12: 0.2µg (3.26%), Copper: 0.06mg (3.04%), Vitamin D: 0.44µg (2.93%), Vitamin B6: 0.05mg (2.56%), Magnesium: 9.52mg (2.38%), Vitamin A: 118.8IU (2.38%), Potassium: 63.8mg (1.82%), Calcium: 17.01mg (1.7%), Vitamin E: 0.25mg (1.67%)