



Spaetzle in Herbed Tomato Cream Sauce



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon vegetable oil
- ☐ 4 roma tomatoes sliced cut into fourths and (2 cups) (plum)
- ☐ 2 cloves garlic finely chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 0.3 cup cream sour
- ☐ 2 tablespoons salad dressing
- ☐ 12 ounces frangelico frozen cooked (4 cups)

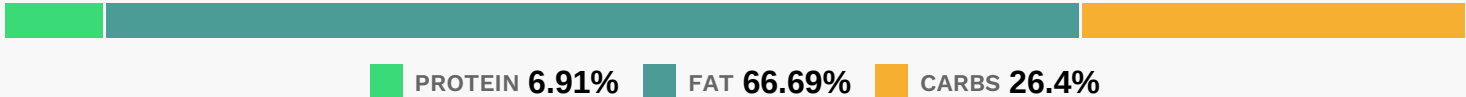
Equipment

☐ frying pan

Directions

- ☐ Heat oil in 10-inch nonstick skillet over medium heat. Cook tomatoes and garlic in oil 5 to 7 minutes, stirring occasionally, until tomatoes are tender; reduce heat to low.
- ☐ Stir in chives, basil, sour cream and mayonnaise. Cook 2 to 3 minutes, stirring occasionally, until sauce is hot.
- ☐ Meanwhile, heat spaetzle as directed on package.
- ☐ Add hot spaetzle to skillet; toss to coat with sauce.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:0.79, Inflammation Score:-5, Nutrition Score:5.4026086382244%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 71.38kcal (3.57%), Fat: 5.57g (8.58%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 3.77g (1.37%), Sugar: 2.94g (3.26%), Cholesterol: 8.48mg (2.83%), Sodium: 78.13mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.6%), Vitamin K: 31.47µg (29.97%), Vitamin A: 681.41IU (13.63%), Vitamin C: 10mg (12.12%), Manganese: 0.2mg (10.16%), Iron: 1.14mg (6.35%), Potassium: 207.54mg (5.93%), Vitamin E: 0.75mg (4.97%), Calcium: 48.12mg (4.81%), Fiber: 1.19g (4.76%), Vitamin B6: 0.09mg (4.7%), Magnesium: 16.72mg (4.18%), Folate: 14.88µg (3.72%), Copper: 0.07mg (3.42%), Phosphorus: 32.76mg (3.28%), Vitamin B2: 0.05mg (3.02%), Vitamin B3: 0.46mg (2.3%), Vitamin B1: 0.03mg (2.15%), Zinc: 0.25mg (1.7%), Selenium: 0.93µg (1.33%), Vitamin B5: 0.13mg (1.26%)