



WHATSheATE



## Spaetzle in Sage Brown Butter



Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



349 kcal

SIDE DISH

### Ingredients

- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 4 sage leaves fresh
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 onion diced
- ☐ 1 teaspoon salt
- ☐ 0.5 cup butter unsalted
- ☐ 0.8 cup milk whole cold

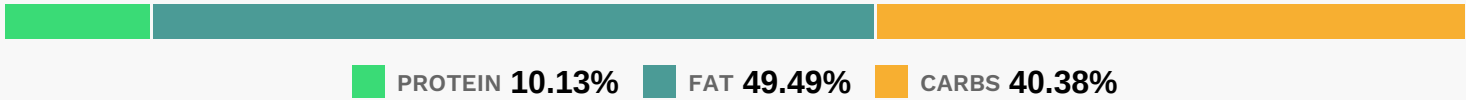
# Equipment

- ☐ frying pan
- ☐ pot
- ☐ baking pan
- ☐ spatula
- ☐ slotted spoon
- ☐ grater

# Directions

- ☐ Bring large pot of salted water to boil.<sup>2</sup>
- ☐ Combine milk, eggs, and nutmeg in processor; blend until smooth, about 30 seconds.
- ☐ Add salt and flour pulsing until batter is just smooth, about 30 seconds (batter will be very thick and sticky).<sup>3</sup> Working in batches, pour batter through slotted spoon or grater held above boiling water, pressing with spatula to form strands. Stir gently to prevent sticking. Simmer until spaetzle float to surface, then continue cooking 1 minute longer.<sup>4</sup> Using slotted spoon, transfer spaetzle to large buttered baking dish. (Can be made 2 hours ahead.
- ☐ Let stand at room temperature.).<sup>5</sup> Cook butter & sage in heavy large skillet over medium heat until golden brown, about 3 minutes.
- ☐ Add spaetzle and toss until heated through. Season to taste with salt and pepper.<sup>6</sup> Divide among plates.<sup>7</sup>
- ☐ Sauted 1 small onion diced in the butter.

# Nutrition Facts



# Properties

Glycemic Index:35, Glycemic Load:23.94, Inflammation Score:-6, Nutrition Score:10.482173930044%

# Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 349.16kcal (17.46%), Fat: 19.16g (29.47%), Saturated Fat: 11.16g (69.76%), Carbohydrates: 35.17g (11.72%), Net Carbohydrates: 33.71g (12.26%), Sugar: 2.48g (2.76%), Cholesterol: 137.33mg (45.78%), Sodium: 438.33mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.65%), Selenium: 22.66µg (32.38%), Vitamin B1: 0.36mg (24.26%), Folate: 92.11µg (23.03%), Vitamin B2: 0.37mg (21.98%), Manganese: 0.32mg (16.15%), Phosphorus: 135.35mg (13.53%), Iron: 2.42mg (13.46%), Vitamin A: 657.59IU (13.15%), Vitamin B3: 2.54mg (12.71%), Copper: 0.17mg (8.58%), Vitamin D: 1.12µg (7.46%), Vitamin B5: 0.72mg (7.23%), Vitamin B12: 0.42µg (6.99%), Calcium: 67.09mg (6.71%), Fiber: 1.46g (5.82%), Zinc: 0.79mg (5.27%), Vitamin B6: 0.1mg (5.11%), Vitamin E: 0.75mg (4.97%), Magnesium: 18.25mg (4.56%), Potassium: 156.63mg (4.48%), Vitamin C: 1.36mg (1.65%), Vitamin K: 1.69µg (1.61%)