



Spaetzle Dumplings

Item # 41308 22001

Marzetti Frozen Pasta, Inc.

Product Description:

Traditionally German, Spaetzle are small dumplings made by dropping small pieces of dough (made with enriched durum flour and egg) into boiling water.



Case GTIN: 10041308220018

Pack: 4

Size: 3 lb.

Shelf Life: 15 Months

Package Format: Poly Bag

Storage: Keep frozen

Servings Per Case: About 39

Product Preparation: Add frozen precooked spaetzle to boiling water, broth, soup or stew and cook until heated through (3 to 5 minutes). Or use frozen precooked spaetzle directly in a casserole recipe in place of other cooked spaetzle. Adjust bake time to allow for frozen spaetzle.

Operator Benefits: Quick prep time (3-5 minutes)
Quality with convenience - prep only what is needed and keep the rest frozen!
Little or no wasted product
Easy menu extensions
Consistently al dente results every time
Labor reduction - saves \$\$

Date Last Refreshed: 6/6/14



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1105 Schrock Rd, Ste 300
Columbus, Ohio 43229
www.MarzettiFoodservice.com

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INGREDIENTS:

WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, ENRICHED DURUM WHEAT FLOUR (DURUM WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, WHEAT GLUTEN, OLEORESIN TURMERIC.

CONTAINS: EGG, WHEAT

Nutrition Facts

Serving Size 5 oz. (140 g)
Servings Per Container ABOUT 38



Amount Per Serving

Calories 260 **Calories from Fat** 30



% Daily Value*

Total Fat 3.5 g **5 %**

Saturated Fat 1 g **5 %**

Trans Fat 0 g

Cholesterol 105 mg **35 %**

Sodium 470 mg **20 %**

Total Carb. 47 g **16 %**

Dietary Fiber 2 g **8 %**

Sugars 1 g

Protein 11 g



o Vitamin A 4 % o Vitamin C 0 % o Calcium 2 % o Iron 15 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Nutrient		2,000 Calories	2,500 Calories
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Fiber		25g	30g

1g Fat = 9 calories – 1g Carbohydrates = 4 calories – 1g Protein = 4 calories



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Recipes

Spicy Shrimp and Dumpling Soup

Recipe Category: Soups

- 12 oz. Marzetti Frozen Pasta® Spaetzle Dumplings
- 12 oz. Unpeeled Medium Size Fresh Shrimp
- 2 tbsp. Grated Fresh Ginger
- ½ tsp. Dried Crushed Red Pepper
- 2 tbsp. Peanut Oil
- 4 cups Chicken Broth
- 1 (13 ½ oz.) can Coconut Milk (or Lite Coconut Milk)
- 1 cup Sliced Mushrooms
- ½ cup Chopped Onions
- 1 tbsp. Lime Rind Cut into Thin Strips
- 2 tbsp. Fresh Lime Juice
- Sliced Green Onions

Preparation: Peel and devein shrimp. Set aside. In a large saucepan or Dutch oven, cook ginger and red pepper in hot oil for 1 minute. Add broth, coconut milk, mushrooms, chopped onions, and lime rind. Bring to boil; add peeled and deveined shrimp and precooked dumplings. Return to boil; reduce heat. Cook uncovered 2 to 4 minutes or until shrimp are pink. Remove from heat. Stir in lime juice. Serve with sliced green onions sprinkled over the top.



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Recipes

Beef Burgundy Soup with Dumplings

Recipe Category: Soups

Cook Time: 65 minutes

- 12 oz. Marzetti Frozen Pasta® Spaetzle Dumplings
- 1 lb. Boneless Beef Chuck Roast, Cut Into 1/2" Pieces
- 2 tbsp. Vegetable Oil
- 1 cup Chopped Onion
- 1 clove Garlic, Minced
- 1 cup Burgundy Wine
- 2 - 14oz. cans Beef Broth
- 2 cups Water
- 1 tsp. Dried Thyme
- ¾ tsp. Dried Marjoram
- ½ tsp. Salt
- ¼ tsp. Pepper
- 2 Bay Leaves
- 3 cups Halved Fresh Mushrooms (quartered if too large)
- 1 cup Sliced Carrots
- 2 cups Frozen Small Whole Onions

Preparation: In a large saucepan or Dutch oven, brown the meat in hot oil until no longer pink. Add onion and garlic; cook until onions are tender. Stir in wine, beef broth, water, thyme, marjoram, salt, pepper, and bay leaves. Bring to boil; reduce heat. Cover and simmer 45 minutes. Add mushrooms, carrots, and the small whole onions. Return to boil; reduce heat. Cover and cook 20 minutes. Add precooked dumplings and heat through.



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Recipes

Chicken Chili with Dumplings

Recipe Category: Soups

- 1 bag (3 lbs.) Marzetti Frozen Pasta[®] Spaetzle Dumplings
- 4 Cups Chopped cooked chicken
- 4 Cups Water
- 2 pkts. Dry onion soup mix
- 1 can (14 oz.) Chicken broth
- 2 cans (14 oz. each) Diced tomatoes
- 2 cans (10 oz. each) Cream of chicken soup
- 4 Tbsp. Chili powder
- 4 cans (15 oz. each) White cannellini beans, drained and rinsed
- 1 tsp. Salt

Preparation: In medium stockpot, combine all ingredients; mix well. Bring to a boil over medium-high heat; stirring occasionally. Reduce heat to low, simmer until ready to serve.



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Recipes

Sunrise Spaetzle Casserole

Recipe Category: Entrees

- 1 lb. Marzetti Frozen Pasta[®] Spaetzle Dumplings
- 12 Eggs, beaten
- ½ cup Milk
- ½ tsp. Salt
- 2 cups Shredded cheddar cheese, divided
- 2 cups Frozen shredded hash brown potatoes
- 2 Green onion, finely chopped
- 1 cup Bacon, cooked and crumbled

Preparation: Spray bottom and sides of hotel pan with nonstick spray. In a large bowl, combine eggs, milk and salt; mix well. Add spaetzle, 1 cup of cheese, hash browns and green onions; mix well. Pour mixture into hotel pan. Refrigerate overnight. Preheat oven to 350°F (325°F for convection). Bake, uncovered, 30 minutes or until eggs are set. Top with bacon and 1 cup of cheese; bake an additional 5 minutes or until cheese is melted.



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Recipes

Berry Spaetzle Bake

Recipe Category: Desserts

- 1 bag (3 lbs.) Marzetti Frozen Pasta[®] Spaetzle Dumplings
- 1 cup Sugar
- 2 Tbsp. Cornstarch
- 1 tsp. Orange zest
- 2 bags (1 lb. each) Frozen mixed berries
- ½ cup Crumb topping: Brown sugar
- 1 ½ cups Crumb topping: Quick cooking oats
- ½ cup Crumb topping: Flour
- ½ cup Crumb topping: Chopped pecans
- ½ cup Crumb topping: Butter, melted

Preparation: Preheat oven to 350°F (325°F for convection). Spray bottom and sides of hotel pan with nonstick spray. In a small bowl, combine sugar, cornstarch and orange zest. In a large bowl, combine berries and spaetzle. Pour sugar mixture over berry mixture; mix well. Transfer to prepared hotel pan. In a medium bowl, combine brown sugar, oats, flour and pecans. Add melted butter or margarine; stir until crumbly. Sprinkle evenly over berry mixture. Bake 35 to 45 minutes or until top is golden brown and edges are bubbly.



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