

A Farewell to Basil Fettuccine



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 eggs
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 0.8 cup basil fresh chopped
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons water

Equipment

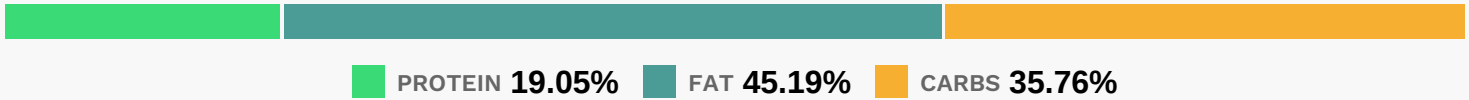
- ☐ food processor
- ☐ pot

- ☐ plastic wrap
- ☐ rolling pin
- ☐ pasta machine

Directions

- ☐ Using a food processor, process basil leaves until chopped very fine.
- ☐ Add 1 1/2 cups of flour and pulse two or three times, or until combined.
- ☐ Add egg, 1 teaspoon oil, and the water until dough forms a ball shape. If dough seems dry, add a bit more water. Wrap dough in a piece of plastic wrap which has been coated in a few drops of olive oil. Refrigerate dough for 2 hours.
- ☐ Remove dough from refrigerator, and cut into 6 equal size portions. Run pasta though pasta machine, or roll with rolling pin to desired thickness. Use the additional flour to coat pasta while rolling.
- ☐ Allow pasta to dry for one hour prior to cooking.
- ☐ Cook in a large pot of boiling water until al dente. This should take only a 3 to 5 minutes, depending on the thickness of the pasta.

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:5.24, Inflammation Score:-4, Nutrition Score:6.2708695660467%

Nutrients (% of daily need)

Calories: 85.33kcal (4.27%), Fat: 4.24g (6.53%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 7.15g (2.6%), Sugar: 0.13g (0.15%), Cholesterol: 81.84mg (27.28%), Sodium: 32.58mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.05%), Vitamin K: 38.65µg (36.81%), Selenium: 9.96µg (14.23%), Vitamin A: 593.55IU (11.87%), Vitamin B2: 0.15mg (9.04%), Manganese: 0.17mg (8.67%), Folate: 33.62µg (8.4%), Iron: 1.12mg (6.2%), Phosphorus: 58.72mg (5.87%), Vitamin B1: 0.09mg (5.7%), Vitamin E: 0.6mg (3.98%), Vitamin B5: 0.4mg (3.97%), Copper: 0.07mg (3.32%), Vitamin B3: 0.65mg (3.26%), Vitamin B12: 0.2µg (3.26%), Calcium: 30.13mg (3.01%), Vitamin D: 0.44µg (2.93%), Zinc: 0.42mg (2.83%), Vitamin B6: 0.06mg (2.77%), Magnesium: 10.61mg (2.65%), Vitamin C: 1.62mg (1.96%), Potassium: 66.96mg (1.91%), Fiber: 0.4g (1.59%)