



## Chestnut Pasta

READY IN



75 min.

SERVINGS



8

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 cup honey
- 2 eggs beaten
- 0.5 cup flour all-purpose
- 5 cloves garlic minced
- 1 dash nutmeg
- 1 dash pepper black
- 0.5 cup olive oil
- 0.5 cup pecorino cheese grated
- 0.5 teaspoon salt

- 8 servings salt and pepper to taste
- 0.5 cup water
- 1 cup flour whole wheat

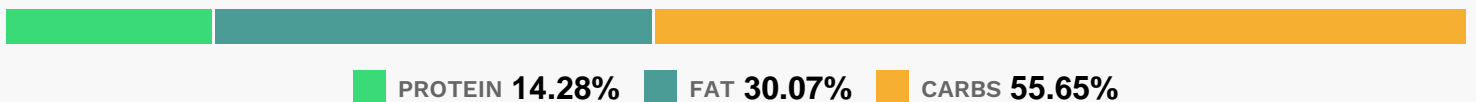
## Equipment

- bowl
- pot
- rolling pin
- pasta machine

## Directions

- In a large bowl, combine flour, whole wheat flour, salt, nutmeg and pepper; mix. Make a well in the center and add eggs and 2 tablespoons olive oil; beat well. In a bowl combine chestnut puree and 1/2 cup water; add to egg mixture. Incorporate flour and egg mix. Dough will be very stiff. Adjust with more flour or water. Knead for 10 minutes and allow dough to rest for 5 minutes.
- Cut off a handful of dough. With a rolling pin, roll 6 inch wide strips, 1/16" thick. Use a pasta machine if you have one. Dust strips with flour. Allow to slightly dry on muslin cloth.
- Cut into long pasta 1/4" wide. Dry for 30 minutes.
- Add pasta to a large pot of rapidly boiling salted water with a tablespoon of oil. Boil for 5 minutes; drain.
- Mix pasta with olive oil, minced garlic, Romano cheese, salt and pepper.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:36, Glycemic Load:8.84, Inflammation Score:-3, Nutrition Score:8.616956544959%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 181.74kcal (9.09%), Fat: 6.16g (9.48%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 23.76g (8.64%), Sugar: 0.22g (0.25%), Cholesterol: 47.42mg (15.81%), Sodium: 431.7mg (18.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.16%), Manganese: 0.77mg (38.26%), Selenium: 16.47µg (23.53%), Phosphorus: 141.21mg (14.12%), Vitamin B1: 0.17mg (11.55%), Vitamin C: 7.77mg (9.42%), Folate: 37.03µg (9.26%), Vitamin B6: 0.17mg (8.75%), Calcium: 86.69mg (8.67%), Copper: 0.17mg (8.35%), Vitamin B2: 0.14mg (8.34%), Magnesium: 32.39mg (8.1%), Iron: 1.37mg (7.59%), Fiber: 1.88g (7.54%), Vitamin B3: 1.43mg (7.15%), Zinc: 0.86mg (5.75%), Potassium: 178.1mg (5.09%), Vitamin E: 0.63mg (4.21%), Vitamin B5: 0.42mg (4.16%), Vitamin B12: 0.17µg (2.8%), Vitamin K: 2.16µg (2.05%), Vitamin A: 91.7IU (1.83%), Vitamin D: 0.25µg (1.67%)