



Classic Pasta Dough



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



2 large eggs



0.1 teaspoon sea salt fine



1.3 cups flour soft

Equipment



food processor



knife



plastic wrap



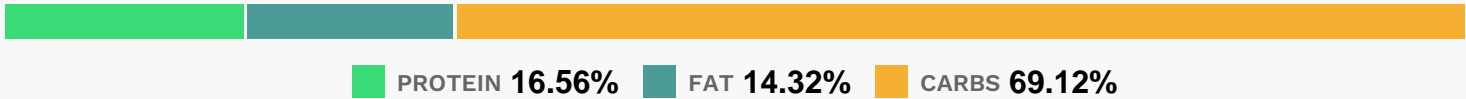
measuring cup

☐ pasta machine

Directions

- ☐ Weigh or lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, salt, and eggs in a food processor; pulse 10 times or until mixture is crumbly (dough will not form a ball). Turn dough out onto a lightly floured surface; knead until smooth and elastic (about 4 minutes). Shape dough into a disc; wrap with plastic wrap.
- ☐ Let dough stand at room temperature for 20 minutes.
- ☐ Unwrap dough. Divide dough into 8 equal portions. Working with 1 portion at a time (keep remaining dough covered to prevent drying), pass dough through pasta rollers of a pasta machine on the widest setting. Fold dough in half crosswise; fold in half again. Pass dough through rollers again. Move width gauge to next setting; pass pasta through rollers. Continue moving width gauge to narrower settings; pass dough through rollers once at each setting to form 8 (15 x 3inch) pasta strips.
- ☐ Lay strips flat on a lightly floured surface; cover. Repeat procedure with remaining dough portions.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:21.57, Inflammation Score:-3, Nutrition Score:7.6599999743959%

Nutrients (% of daily need)

Calories: 177.94kcal (8.9%), Fat: 2.76g (4.25%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 29.99g (10%), Net Carbohydrates: 28.93g (10.52%), Sugar: 0.2g (0.22%), Cholesterol: 93mg (31%), Sodium: 108.95mg (4.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.37%), Selenium: 20.92µg (29.88%), Vitamin B1: 0.32mg (21.11%), Folate: 83.23µg (20.81%), Vitamin B2: 0.31mg (18.07%), Manganese: 0.27mg (13.68%), Iron: 2.25mg (12.5%), Vitamin B3: 2.33mg (11.63%), Phosphorus: 91.69mg (9.17%), Vitamin B5: 0.55mg (5.54%), Fiber: 1.05g (4.22%), Zinc: 0.6mg (3.97%), Copper: 0.07mg (3.72%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.5µg (3.33%), Vitamin B6: 0.06mg (2.98%), Magnesium: 11.6mg (2.9%), Vitamin A: 135IU (2.7%), Potassium: 76.31mg (2.18%), Calcium: 19.9mg (1.99%), Vitamin E: 0.29mg (1.91%)