



Egg



Vegetarian



Dairy Free

READY IN



56 min.

SERVINGS



4

CALORIES



447 kcal

SIDE DISH

Ingredients

- ☐ 1 carrots cut into 1/4-inch dice
- ☐ 1 pound cremini mushrooms sliced
- ☐ 1 large eggs
- ☐ 1 egg wash mixed with 2 tablespoons water)
- ☐ 1 large egg yolk
- ☐ 2 cups flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 3 tablespoons olive oil

- ☐ 1 medium onion minced
- ☐ 1 parsnips cut into 1/4-inch dice
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup water

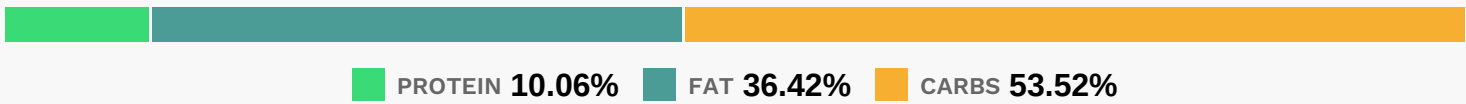
Equipment

- ☐ frying pan
- ☐ knife
- ☐ mixing bowl

Directions

- ☐ Roll out pasta dough 1/4-inch thick. With a pizza wheel and ruler, cut into 1/4-inch strips.
- ☐ Let the pasta dry a little, and then cut it into 1/4-inch squares with a knife. Boil until tender.
- ☐ Drain.
- ☐ In a saute pan, heat the olive oil. Brown the onions, then add the garlic, carrots, parsnip, and mushrooms. Cook until barely tender.
- ☐ Add the pasta and heat through.
- ☐ Put the flour in a mixing bowl, and make a well in the center.
- ☐ Mix in the rest of the ingredients to form a soft dough. Knead until elastic. Form into a disk and wrap with plastic. Refrigerate for 1 hour to relax.

Nutrition Facts



Properties

Glycemic Index:57.71, Glycemic Load:38.33, Inflammation Score:-9, Nutrition Score:19.827391126881%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 447.32kcal (22.37%), Fat: 18.07g (27.79%), Saturated Fat: 3.24g (20.27%), Carbohydrates: 59.73g (19.91%), Net Carbohydrates: 55.19g (20.07%), Sugar: 4.13g (4.59%), Cholesterol: 133.32mg (44.44%), Sodium: 54.4mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.22g (22.45%), Vitamin A: 2736.53IU (54.73%), Selenium: 33.15µg (47.35%), Folate: 167.01µg (41.75%), Vitamin B1: 0.57mg (38.19%), Manganese: 0.74mg (37.08%), Vitamin B2: 0.5mg (29.43%), Vitamin K: 23.73µg (22.6%), Vitamin B3: 4.36mg (21.81%), Iron: 3.86mg (21.47%), Vitamin E: 2.87mg (19.13%), Fiber: 4.54g (18.17%), Phosphorus: 179.73mg (17.97%), Vitamin C: 9.99mg (12.11%), Vitamin B5: 1.15mg (11.53%), Potassium: 366.72mg (10.48%), Copper: 0.21mg (10.42%), Vitamin B6: 0.2mg (9.77%), Magnesium: 33.72mg (8.43%), Zinc: 1.23mg (8.17%), Calcium: 57.93mg (5.79%), Vitamin B12: 0.3µg (4.95%), Vitamin D: 0.7µg (4.7%)