



Egg Noodle



Vegetarian



Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



272 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 eggs beaten
- ☐ 2 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semolina flour for the board (plus extra)

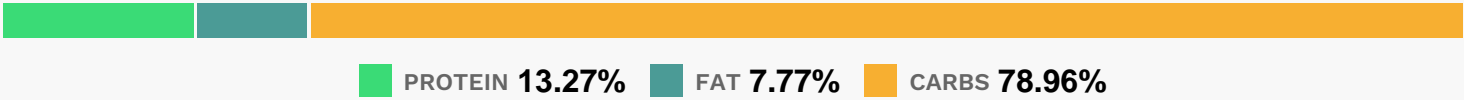
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ In a large bowl, mix the flours and salt.
- ☐ Make a well in the center of the dry ingredients and add the eggs.
- ☐ Whisk them, gradually pulling in flour from the rim, until the mixture comes together. (It will be very firm; add a few drops of water if it seems crumbly.)
- ☐ Turn the dough out onto a semolina-dusted board. Work it with your hands until it's just smooth, about 5 to 10 minutes—it should spring back slightly when you poke it with your finger.
- ☐ Wrap it in plastic and let it sit for 1 hour (or refrigerate it for up to a day).
- ☐ Boil a large pot of salted water.
- ☐ Roll the dough out on the semolina-dusted board until it's paper-thin. Slice it into wide strips, any width you like.
- ☐ Cook the noodles in the boiling water for 1 minute past the point when they rise to the top, about 7 to 10 minutes.
- ☐ Drain and serve.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:33.43, Inflammation Score:-5, Nutrition Score:11.960000158652%

Nutrients (% of daily need)

Calories: 271.79kcal (13.59%), Fat: 2.29g (3.53%), Saturated Fat: 0.68g (4.25%), Carbohydrates: 52.4g (17.47%), Net Carbohydrates: 50.19g (18.25%), Sugar: 0.15g (0.16%), Cholesterol: 64.8mg (21.6%), Sodium: 197.78mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.62%), Selenium: 42.52µg (60.74%), Vitamin B1: 0.56mg (37.65%), Folate: 136.25µg (34.06%), Vitamin B2: 0.4mg (23.38%), Manganese: 0.46mg (23.06%), Vitamin B3: 4.14mg (20.69%), Iron: 3.32mg (18.44%), Phosphorus: 106.48mg (10.65%), Fiber: 2.22g (8.87%), Copper: 0.12mg (5.88%), Magnesium: 22.63mg (5.66%), Vitamin B5: 0.52mg (5.24%), Zinc: 0.72mg (4.83%), Vitamin B6: 0.07mg (3.41%), Potassium: 103.24mg (2.95%), Vitamin D: 0.32µg (2.16%), Vitamin B12: 0.12µg (1.95%), Calcium: 18.87mg (1.89%), Vitamin A: 86.52IU (1.73%), Vitamin E: 0.25mg (1.68%)