

Egg Noodles

 Vegetarian

READY IN



33 min.

SERVINGS



8

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter
- 2 eggs beaten
- 2.5 cups flour all-purpose
- 0.5 cup milk
- 1 pinch salt

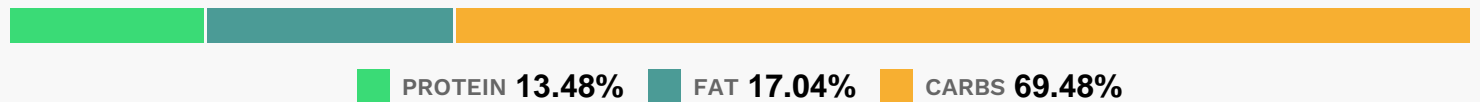
Equipment

- bowl
- pot

Directions

- In a large bowl, stir together the flour and salt.
- Add the beaten egg, milk, and butter. Knead dough until smooth, about 5 minutes.
- Let rest in a covered bowl for 10 minutes.
- On a floured surface, roll out to 1/8 or 1/4 inch thickness.
- Cut into desired lengths and shapes.
- Allow to air dry before cooking.
- To cook fresh pasta, in a large pot with boiling salted water cook until al dente.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:21.84, Inflammation Score:-3, Nutrition Score:6.9360869578693%

Nutrients (% of daily need)

Calories: 179.62kcal (8.98%), Fat: 3.34g (5.13%), Saturated Fat: 1.59g (9.92%), Carbohydrates: 30.6g (10.2%), Net Carbohydrates: 29.55g (10.74%), Sugar: 0.88g (0.98%), Cholesterol: 46.51mg (15.5%), Sodium: 38.29mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.94g (11.87%), Selenium: 16.93µg (24.18%), Vitamin B1: 0.32mg (21.31%), Folate: 76.71µg (19.18%), Vitamin B2: 0.26mg (15.58%), Manganese: 0.27mg (13.51%), Vitamin B3: 2.33mg (11.66%), Iron: 2.01mg (11.14%), Phosphorus: 79.79mg (7.98%), Fiber: 1.05g (4.22%), Vitamin B5: 0.4mg (3.99%), Copper: 0.06mg (3.22%), Zinc: 0.48mg (3.2%), Calcium: 31.2mg (3.12%), Vitamin B12: 0.18µg (3.05%), Magnesium: 11.78mg (2.94%), Vitamin D: 0.39µg (2.59%), Vitamin A: 127.84IU (2.56%), Potassium: 80.27mg (2.29%), Vitamin B6: 0.05mg (2.26%), Vitamin E: 0.19mg (1.25%)