



Eggless Pasta

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon salt
- 2 cups semolina flour
- 0.5 cup water

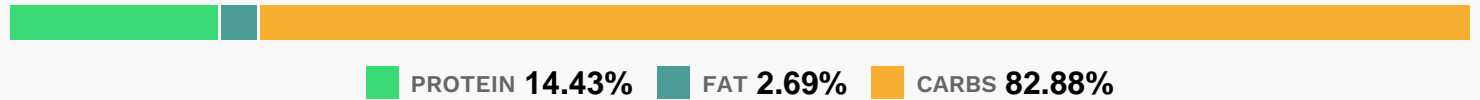
Equipment

- bowl
- rolling pin
- pasta machine

Directions

- In a large bowl, mix flour and salt.
- Add warm water and stir to make a stiff dough. Increase water if dough seems too dry.
- Pat the dough into a ball and turn out onto a lightly floured surface. Knead for 10 to 15 minutes. Cover.
- Let dough rest for 20 minutes.
- Roll out dough using rolling pin or pasta machine. Work with a 1/4 of the dough at one time. Keep the rest covered, to prevent from drying out.
- Roll by hand to 1/16 of an inch thick. By machine, stop at the third to last setting.
- Cut pasta into desired shapes.
- Cook fresh noodles in boiling salted water for 3 to 5 minutes.
- Drain.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:31.27, Inflammation Score:-6, Nutrition Score:15.166956455811%

Nutrients (% of daily need)

Calories: 302.4kcal (15.12%), Fat: 0.88g (1.36%), Saturated Fat: 0.13g (0.79%), Carbohydrates: 61.18g (20.39%), Net Carbohydrates: 57.9g (21.05%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 293mg (12.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.65g (21.3%), Selenium: 75.1µg (107.28%), Vitamin B1: 0.68mg (45.42%), Folate: 153.72µg (38.43%), Vitamin B2: 0.48mg (28.21%), Manganese: 0.52mg (26.04%), Vitamin B3: 5.03mg (25.16%), Iron: 3.66mg (20.36%), Fiber: 3.28g (13.1%), Phosphorus: 114.24mg (11.42%), Magnesium: 39.78mg (9.95%), Copper: 0.16mg (8.19%), Zinc: 0.89mg (5.9%), Vitamin B5: 0.49mg (4.87%), Potassium: 156.3mg (4.47%), Vitamin B6: 0.09mg (4.33%), Calcium: 15.35mg (1.53%), Vitamin E: 0.22mg (1.46%)