



## Farmhouse Sunday Soup

READY IN



45 min.

SERVINGS



6

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups cheese shredded
- 2 qt veggie broth
- 1 large eggs lightly beaten
- 0.5 cup chives fresh chopped
- 4 pinches nutmeg freshly grated
- 1.5 cups flour organic all-purpose for kneading (preferably )
- 0.3 cup water lukewarm

### Equipment

- bowl
- baking sheet
- pot
- plastic wrap
- kitchen towels

## Directions

- Mound flour on a work surface (preferably wooden) and make a large well in center with your fingertips. Stir together egg and warm water in a small bowl, then add to well and gently beat with a fork, gradually incorporating shallow scrapings from inside flour wall while supporting outside of wall with your other hand. Continue to gradually beat in flour in same manner, switching to pastry scraper to incorporate last bits of flour into dough. (Dough will look rough and messy.)
- Knead dough, adding a little flour if dough becomes too sticky, until satiny and elastic, about 10 minutes. Wrap dough in plastic wrap and let stand at room temperature at least 30 minutes but no more than 4 hours.
- Divide dough into 4 balls.
- Cut filled dough into small irregular pieces (about 1/2 to 3/4 inch) with pastry wheel. Pinch edges of pieces to reseal, arrange in 1 layer on a large rack, and cover with a kitchen towel.
- Working with 1 ball of dough at a time, repeat procedure with remaining dough. Reserve remaining cup cheese for serving.
- Bring broth to a simmer in a 4- to 5-quart pot and season with salt and pepper.
- Add filled pasta and simmer, partially covered, until tender, 2 to 3 minutes.
- Serve soup with cheese.
- Filled pasta can be made 8 hours ahead and chilled, loosely covered, after 2 hours. Cook in broth until tender, about 5 to 7 minutes.·Filled pasta can be put in freezer on baking sheets until frozen, then transferred to a sealable freezer bag and frozen up to 1 month.
- Add frozen pasta to broth and cook until tender, 5 to 7 minutes.

## Nutrition Facts



PROTEIN 19.92%    FAT 34.25%    CARBS 45.83%

## Properties

Glycemic Index:43.67, Glycemic Load:19.45, Inflammation Score:-7, Nutrition Score:10.126521732496%

## Flavonoids

Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 257.94kcal (12.9%), Fat: 9.71g (14.94%), Saturated Fat: 5.4g (33.73%), Carbohydrates: 29.24g (9.75%), Net Carbohydrates: 28.17g (10.24%), Sugar: 3.43g (3.81%), Cholesterol: 60.49mg (20.16%), Sodium: 1509.04mg (65.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.7g (25.41%), Selenium: 19.54µg (27.91%), Vitamin A: 1115.06IU (22.3%), Calcium: 202.48mg (20.25%), Phosphorus: 185.76mg (18.58%), Vitamin B2: 0.3mg (17.78%), Vitamin B1: 0.26mg (17.65%), Folate: 67.72µg (16.93%), Vitamin B12: 0.93µg (15.42%), Manganese: 0.26mg (12.92%), Iron: 1.83mg (10.19%), Zinc: 1.45mg (9.67%), Vitamin B3: 1.92mg (9.6%), Vitamin K: 8.08µg (7.69%), Magnesium: 18.06mg (4.52%), Fiber: 1.07g (4.26%), Copper: 0.07mg (3.44%), Vitamin B5: 0.33mg (3.28%), Potassium: 85.51mg (2.44%), Vitamin B6: 0.05mg (2.37%), Vitamin C: 1.96mg (2.37%), Vitamin D: 0.32µg (2.11%), Vitamin E: 0.18mg (1.23%)