



HEALTH SCORE

91%

Fresh Pasta



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup enriched flour for dusting all-purpose plus more fine



1 cup semolina flour (pasta flour)

Equipment



bowl



baking sheet



sauce pan



knife



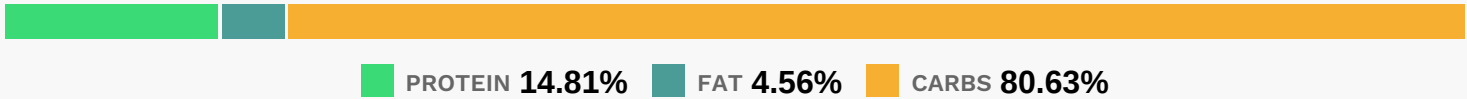
plastic wrap

☐ stand mixer

Directions

- ☐ Combine durum wheat flour and semolina flour in a large bowl. Bring a small saucepan of water to a bare simmer.
- ☐ Add 2/3 cup hot water to flours and mix with a fork until mixture just comes together. Turn out dough onto a surface lightly dusted with durum wheat flour and knead until smooth and elastic, 8–10 minutes (alternatively, using a stand mixer fitted with a dough hook, mix on low speed, about 5 minutes). Wrap tightly in plastic wrap; let sit 1 hour at room temperature.
- ☐ DO AHEAD: Pasta dough can be made 1 day ahead. Wrap tightly and chill.
- ☐ Orecchiette How-To
- ☐ After making and kneading the dough and lightly flouring your work surface, slice off a few 1/2"-thick planks, then cut lengthwise into 1/2"-wide pieces. Keep remaining dough wrapped in plastic as you work.
- ☐ Roll each piece into a 1/4"-thick rope and cut crosswise into 1/2"-long pieces. Using the sharp edge of a paring knife (or your thumb), simultaneously press down on the middle of each piece of the dough and push it away from you. The dough should curl up on itself. Push each curled piece inside out, molding it over the tip of your finger to create the "little ear" shape.
- ☐ Transfer pasta to a rimmed baking sheet dusted with semolina flour.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:31.79, Inflammation Score:-6, Nutrition Score:18.884347791257%

Nutrients (% of daily need)

Calories: 313.92kcal (15.7%), Fat: 1.63g (2.5%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 64.73g (21.58%), Net Carbohydrates: 63.09g (22.94%), Sugar: 0 (0%), Cholesterol: 0mg (0%), Sodium: 1.38mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.89g (23.78%), Selenium: 80.46µg (114.94%), Manganese: 1.71mg (85.29%), Vitamin B1: 0.54mg (36.12%), Phosphorus: 300.96mg (30.1%), Vitamin B3: 5.75mg (28.75%), Folate: 97.5µg (24.38%), Magnesium: 88.86mg (22.22%), Iron: 3.52mg (19.56%), Vitamin B2: 0.3mg (17.52%), Copper: 0.34mg (17.24%), Zinc: 2.44mg (16.25%), Vitamin B6: 0.24mg (12.22%), Potassium: 285mg (8.14%), Vitamin B5: 0.69mg (6.92%), Fiber: 1.64g (6.55%), Calcium: 23.46mg (2.35%)