



## Fresh Semolina and Egg Pasta

 Vegetarian  Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



350 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 6 large eggs
- 2 cups flour all-purpose
- 2 tablespoons olive oil
- 1 pinch salt
- 2 cups semolina flour

### Equipment

- whisk
- pot

- rolling pin
- pasta machine

## Directions

- Thoroughly sift together all-purpose flour, semolina flour, and pinch of salt. On a clean surface, make a mountain out of flour mixture then make a deep well in center. Break the eggs into the well and add olive oil.
- Whisk eggs very gently with a fork, gradually incorporating flour from the sides of the well. When mixture becomes too thick to mix with a fork, begin kneading with your hands.
- Knead dough for 8 to 12 minutes, until it is smooth and supple. Dust dough and work surface with semolina as needed to keep dough from becoming sticky. Wrap dough tightly in plastic and allow it to rest at room temperature for 30 minutes.
- Roll out dough with a pasta machine or a rolling pin to desired thickness.
- Cut into your favorite style of noodle or stuff with your favorite filling to make ravioli. Bring water to a boil in a large pot, then add 4 teaspoons salt. Cook pasta until tender but not mushy, 1 to 8 minutes depending on thickness.
- Drain immediately and toss with your favorite sauce.

## Nutrition Facts



**PROTEIN 15.52%** **FAT 20.55%** **CARBS 63.93%**

## Properties

Glycemic Index:16.13, Glycemic Load:32.89, Inflammation Score:-5, Nutrition Score:15.703478388164%

## Nutrients (% of daily need)

Calories: 349.52kcal (17.48%), Fat: 7.81g (12.02%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 54.71g (18.24%), Net Carbohydrates: 52.22g (18.99%), Sugar: 0.22g (0.25%), Cholesterol: 139.5mg (46.5%), Sodium: 59.21mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.28g (26.56%), Selenium: 59.65µg (85.22%), Vitamin B1: 0.6mg (40.06%), Folate: 151.67µg (37.92%), Vitamin B2: 0.57mg (33.27%), Manganese: 0.48mg (24.18%), Iron: 3.96mg (21.98%), Vitamin B3: 4.39mg (21.94%), Phosphorus: 165.12mg (16.51%), Fiber: 2.48g (9.93%), Vitamin B5: 0.96mg (9.55%), Magnesium: 31.12mg (7.78%), Zinc: 1.14mg (7.62%), Copper: 0.15mg (7.57%), Vitamin E: 1.03mg (6.84%), Vitamin B6: 0.12mg (6.04%), Vitamin B12: 0.33µg (5.56%), Vitamin D: 0.75µg (5%), Potassium: 163.34mg (4.67%), Vitamin A: 202.5IU (4.05%), Calcium: 32.87mg (3.29%), Vitamin K: 2.31µg (2.2%)