



## Fresh Semolina Orecchiette

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



528 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups semolina
- 1 cup water lukewarm
- 2 cups flour all-purpose

### Equipment

- bowl
- knife
- plastic wrap
- kitchen towels

# Directions

- In a large bowl stir together semolina and flour and form a well in center.
- Add water and a generous pinch of salt to well and with a fork gradually incorporated semolina mixture until a dough is formed (some of the mixture will not be incorporated). On a work surface knead dough, incorporating more semolina mixture from bowl as necessary and discard any hard clumps, until smooth and elastic, about 8 minutes. Divide dough into 8 pieces and wrap separately in plastic wrap.
- Line each of 2 trays with a dry kitchen towel and dust you hands with some semolina mixture.
- Remove plastic wrap from 1 piece of dough and roll between you hands to create a rope 3 to 4 feet long and 1/2 inch wide. Put rope on a work surface and with a sharp knife cut into 1/2-inch pieces, separating pieces as cut so they are no longer touching. Lightly toss cut pieces with a little semolina mixture.
- Put each cut piece of dough, a cut side down, in palm of hand and form a depression by pressing thumb of other hand into dough and twisting slightly. Arrange orecchiette on a kitchen-towel-lined tray. Make more orecchiette with remaining 7 pieces of dough in same manner, transferring to kitchen-towel-lined trays. Orecchiette may be made 2 days ahead and chilled on towel-lined trays, covered with plastic wrap.

## Nutrition Facts

 **PROTEIN 13.22%**  **FAT 2.6%**  **CARBS 84.18%**

## Properties

Glycemic Index:32.25, Glycemic Load:65.59, Inflammation Score:-7, Nutrition Score:22.381739043671%

## Nutrients (% of daily need)

Calories: 528.1kcal (26.4%), Fat: 1.49g (2.29%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 108.51g (36.17%), Net Carbohydrates: 103.56g (37.66%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 5.04mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.04g (34.09%), Selenium: 95.84µg (136.91%), Vitamin B1: 1.17mg (77.85%), Folate: 267.18µg (66.79%), Manganese: 0.94mg (47.16%), Vitamin B2: 0.79mg (46.21%), Vitamin B3: 8.69mg (43.46%), Iron: 6.54mg (36.34%), Fiber: 4.94g (19.78%), Phosphorus: 181.06mg (18.11%), Magnesium: 53.59mg (13.4%), Copper: 0.26mg (12.86%), Zinc: 1.32mg (8.8%), Vitamin B5: 0.76mg (7.58%), Potassium: 222.18mg (6.35%), Vitamin B6: 0.11mg (5.68%), Calcium: 25.34mg (2.53%), Vitamin E: 0.25mg (1.7%)