



Grandma Randolph's Noodles

 Dairy Free

READY IN



160 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

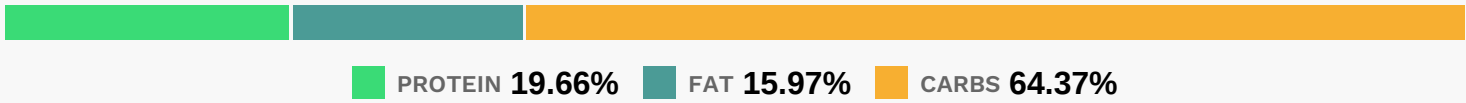
- ☐ 4 cups beef broth
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground pepper black
- ☐ 1 teaspoon salt

Equipment

Directions

- ☐ Beat the eggs and mix in the salt, pepper and flour. Divide the dough into two halves.
- ☐ Roll out the halves to 1/4 inch thick.
- ☐ Let dry for at least 2 hours.
- ☐ Cut the noodles into 1/2 inch to 1 inch wide and as long as you want strips.
- ☐ Drop the noodles into the boiling stock of your choice and boil until soft.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:23.04, Inflammation Score:-3, Nutrition Score:9.5760868943256%

Nutrients (% of daily need)

Calories: 205.65kcal (10.28%), Fat: 3.56g (5.48%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 32.28g (10.76%), Net Carbohydrates: 31.07g (11.3%), Sugar: 0.22g (0.25%), Cholesterol: 109.12mg (36.37%), Sodium: 1025.33mg (44.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.72%), Selenium: 24.27µg (34.67%), Folate: 93.29µg (23.32%), Vitamin B1: 0.34mg (22.83%), Vitamin B2: 0.37mg (22.01%), Vitamin B3: 3.73mg (18.67%), Manganese: 0.35mg (17.59%), Iron: 2.75mg (15.3%), Phosphorus: 124.41mg (12.44%), Vitamin B5: 0.67mg (6.69%), Vitamin B12: 0.37µg (6.22%), Potassium: 175.97mg (5.03%), Fiber: 1.21g (4.84%), Zinc: 0.68mg (4.5%), Copper: 0.09mg (4.29%), Vitamin B6: 0.09mg (4.26%), Magnesium: 16.47mg (4.12%), Vitamin D: 0.59µg (3.91%), Calcium: 33.99mg (3.4%), Vitamin A: 160.22IU (3.2%), Vitamin E: 0.34mg (2.24%)