



Grandma's Noodles I



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



345 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



4 eggs lightly beaten



4 cups flour all-purpose



1 teaspoon salt

Equipment

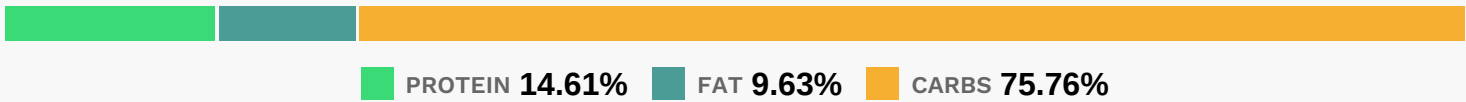


pasta machine

Directions

- ☐
- Put all ingredients in the pasta machine.
- ☐
- Let dry an hour or so.
- ☐
- Add noodles to boiling chicken stock. Cook for ten to fifteen minutes.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:46.01, Inflammation Score:-5, Nutrition Score:14.140869464563%

Nutrients (% of daily need)

Calories: 345.28kcal (17.26%), Fat: 3.61g (5.55%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 63.8g (21.27%), Net Carbohydrates: 61.55g (22.38%), Sugar: 0.33g (0.37%), Cholesterol: 109.12mg (36.37%), Sodium: 430.9mg (18.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.3g (24.61%), Selenium: 37.26µg (53.22%), Vitamin B1: 0.67mg (44.39%), Folate: 166.29µg (41.57%), Vitamin B2: 0.55mg (32.1%), Manganese: 0.58mg (28.88%), Vitamin B3: 4.94mg (24.71%), Iron: 4.38mg (24.35%), Phosphorus: 148.08mg (14.81%), Fiber: 2.25g (9%), Vitamin B5: 0.81mg (8.15%), Copper: 0.14mg (7.07%), Zinc: 0.96mg (6.42%), Magnesium: 21.86mg (5.47%), Vitamin B12: 0.26µg (4.35%), Vitamin B6: 0.09mg (4.33%), Vitamin D: 0.59µg (3.91%), Potassium: 129.73mg (3.71%), Vitamin A: 158.4IU (3.17%), Calcium: 29.17mg (2.92%), Vitamin E: 0.36mg (2.39%)