



## Grandma's Noodles II



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



134 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

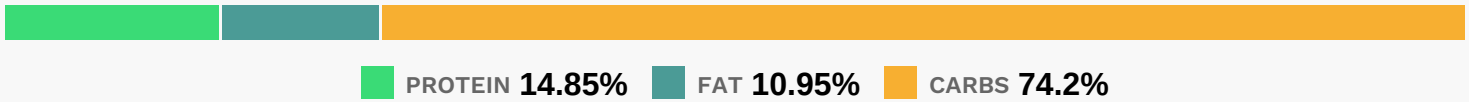
- ☐ 1 eggs beaten
- ☐ 1 cup flour all-purpose sifted
- ☐ 2 tablespoons milk
- ☐ 0.5 teaspoon salt

### Equipment

### Directions

- ☐ Combine egg, salt, milk.
- ☐ Add flour. (For thicker noodles add baking powder to flour before mixing.) Separate into two balls.
- ☐ Roll out dough, and let stand for 20 minutes.
- ☐ Cut into strips and spread to dry--dust with a little flour.
- ☐ Let dry for approximately 2 hours.
- ☐ Drop into hot soup--cook for about 10 minutes.

## Nutrition Facts



## Properties

Glycemic Index:28.25, Glycemic Load:17.39, Inflammation Score:-2, Nutrition Score:5.5486956608036%

## Nutrients (% of daily need)

Calories: 133.98kcal (6.7%), Fat: 1.59g (2.45%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 23.43g (8.52%), Sugar: 0.49g (0.54%), Cholesterol: 41.82mg (13.94%), Sodium: 309.78mg (13.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Selenium: 14.11µg (20.16%), Vitamin B1: 0.25mg (16.93%), Folate: 62.36µg (15.59%), Vitamin B2: 0.22mg (12.65%), Manganese: 0.22mg (10.86%), Vitamin B3: 1.86mg (9.31%), Iron: 1.64mg (9.14%), Phosphorus: 63.1mg (6.31%), Fiber: 0.84g (3.38%), Vitamin B5: 0.33mg (3.33%), Copper: 0.05mg (2.66%), Zinc: 0.39mg (2.61%), Vitamin B12: 0.14µg (2.31%), Magnesium: 9.1mg (2.28%), Calcium: 20.25mg (2.03%), Vitamin D: 0.3µg (2.02%), Vitamin B6: 0.04mg (1.85%), Potassium: 59.93mg (1.71%), Vitamin A: 71.55IU (1.43%)