

# Granny's Homemade Noodles

 Vegetarian  Dairy Free

READY IN



270 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 teaspoon double-acting baking powder
- 4 eggs
- 3 cups flour all-purpose
- 1 teaspoon salt
- 2 tablespoons water

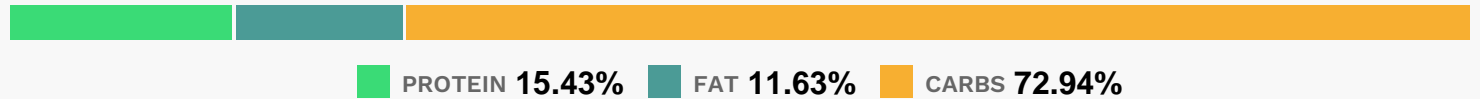
## Equipment

- bowl

## Directions

- Beat the eggs and water together in a bowl. Sift the flour, salt, and baking powder into a separate large bowl and make a well in the center.
- Pour the beaten eggs into the well, then stir in the flour mixture until a soft dough forms.
- Roll the dough into a very thin layer on a lightly-floured surface; cut into 1/2 inch strips. Allow to dry at least 4 hours before using.

## Nutrition Facts



## Properties

Glycemic Index:27.83, Glycemic Load:34.59, Inflammation Score:-4, Nutrition Score:11.410000137661%

## Nutrients (% of daily need)

Calories: 269.62kcal (13.48%), Fat: 3.4g (5.23%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 48g (16%), Net Carbohydrates: 46.31g (16.84%), Sugar: 0.28g (0.31%), Cholesterol: 109.12mg (36.37%), Sodium: 466.07mg (20.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.3%), Selenium: 30.19µg (43.13%), Vitamin B1: 0.5mg (33.49%), Folate: 128.16µg (32.04%), Vitamin B2: 0.44mg (26.05%), Manganese: 0.44mg (21.77%), Iron: 3.45mg (19.19%), Vitamin B3: 3.71mg (18.56%), Phosphorus: 132.88mg (13.29%), Vitamin B5: 0.72mg (7.23%), Fiber: 1.69g (6.75%), Copper: 0.11mg (5.61%), Zinc: 0.82mg (5.45%), Calcium: 45.78mg (4.58%), Magnesium: 17.42mg (4.36%), Vitamin B12: 0.26µg (4.35%), Vitamin D: 0.59µg (3.91%), Vitamin B6: 0.08mg (3.87%), Vitamin A: 158.4IU (3.17%), Potassium: 107.5mg (3.07%), Vitamin E: 0.35mg (2.3%)