

Homemade Egg Noodles

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon double-acting baking powder
- 4 egg yolk
- 2 cups flour all-purpose
- 0.3 teaspoon salt

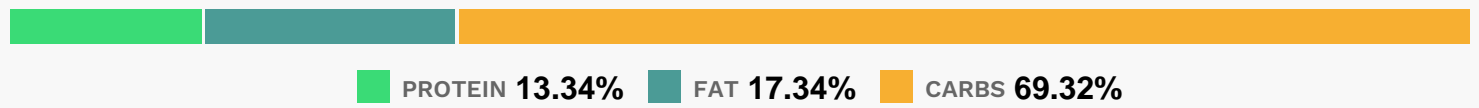
Equipment

- kitchen towels

Directions

- Sift together the flour, salt and baking powder.
- Add egg yolks and mix until dry ingredients are moistened.
- Press into a ball and cut in quarters.
- Roll out on floured surface 1/8 to 1/4 inch thick; cut to desired width and length.
- Lay on linen dish towel or wooden dowel to dry.
- Add to broth such as chicken or turkey and cook until done.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:34.57, Inflammation Score:-4, Nutrition Score:11.928260691788%

Nutrients (% of daily need)

Calories: 285.59kcal (14.28%), Fat: 5.38g (8.28%), Saturated Fat: 1.82g (11.35%), Carbohydrates: 48.41g (16.14%), Net Carbohydrates: 46.72g (16.99%), Sugar: 0.27g (0.3%), Cholesterol: 194.4mg (64.8%), Sodium: 181.73mg (7.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.64%), Selenium: 31.27µg (44.67%), Folate: 140.65µg (35.16%), Vitamin B1: 0.52mg (34.82%), Vitamin B2: 0.4mg (23.75%), Manganese: 0.44mg (21.83%), Iron: 3.42mg (19%), Vitamin B3: 3.69mg (18.47%), Phosphorus: 143.18mg (14.32%), Vitamin B5: 0.81mg (8.12%), Fiber: 1.69g (6.75%), Vitamin D: 0.97µg (6.48%), Vitamin B12: 0.35µg (5.85%), Zinc: 0.85mg (5.68%), Copper: 0.1mg (5.2%), Vitamin A: 259.56IU (5.19%), Calcium: 47.38mg (4.74%), Vitamin B6: 0.09mg (4.52%), Magnesium: 14.72mg (3.68%), Vitamin E: 0.5mg (3.35%), Potassium: 86.57mg (2.47%)