

# Homemade Noodles

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



259 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 eggs
- 1 cup flour all-purpose
- 1 pinch salt

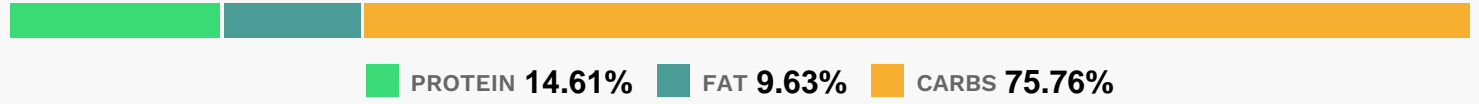
## Equipment

## Directions

- Mix all ingredients.

- Roll thin with flour, then roll like a jelly roll.
- Cut into 1/2 inch strips.
- Let dry.
- Drop into hot chicken broth. Boil for 15 minutes.

## Nutrition Facts



### Properties

Glycemic Index:37.5, Glycemic Load:34.5, Inflammation Score:-4, Nutrition Score:10.601739084591%

### Nutrients (% of daily need)

Calories: 258.96kcal (12.95%), Fat: 2.7g (4.16%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 47.85g (15.95%), Net Carbohydrates: 46.16g (16.79%), Sugar: 0.25g (0.28%), Cholesterol: 81.84mg (27.28%), Sodium: 51.87mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.23g (18.46%), Selenium: 27.94µg (39.92%), Vitamin B1: 0.5mg (33.3%), Folate: 124.71µg (31.18%), Vitamin B2: 0.41mg (24.08%), Manganese: 0.43mg (21.62%), Vitamin B3: 3.71mg (18.53%), Iron: 3.29mg (18.25%), Phosphorus: 111.06mg (11.11%), Fiber: 1.69g (6.75%), Vitamin B5: 0.61mg (6.11%), Copper: 0.11mg (5.29%), Zinc: 0.72mg (4.81%), Magnesium: 16.39mg (4.1%), Vitamin B12: 0.2µg (3.26%), Vitamin B6: 0.06mg (3.24%), Vitamin D: 0.44µg (2.93%), Potassium: 97.24mg (2.78%), Vitamin A: 118.8IU (2.38%), Calcium: 21.71mg (2.17%), Vitamin E: 0.27mg (1.79%)