



## Homemade Spinach Lasagna Noodles



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 2 large eggs lightly beaten
- ☐ 1.5 cups flour all-purpose
- ☐ 2 teaspoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons pkt spinach frozen dry thawed drained chopped

### Equipment

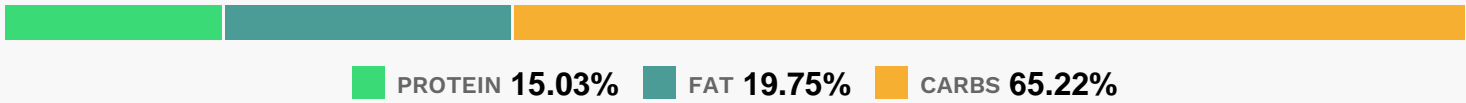
- ☐ food processor
- ☐ knife

- ☐ measuring cup
- ☐ pasta machine

## Directions

- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Place flour, spinach, and salt in a food processor; pulse 3 times or until blended. With processor on, slowly pour oil and eggs through food chute; process until dough forms a ball. Turn dough out onto a lightly floured surface, and knead until smooth and elastic (about 10 minutes). Dust dough lightly with flour; let stand 10 minutes.
- ☐ Divide dough into 4 equal portions. Working with 1 portion at a time, pass the dough through smooth rollers of the pasta machine on the widest setting. Continue moving width gauge to narrower settings; pass dough through rollers once at each setting, dusting with flour, if needed. Repeat procedure with remaining dough.
- ☐ Cut each pasta sheet into 3 (11 x 2-inch) strips. Hang pasta on a wooden drying rack for 10 minutes. Cook pasta in boiling water 2 minutes or until al dente; drain.

## Nutrition Facts



## Properties

Glycemic Index:6.25, Glycemic Load:8.63, Inflammation Score:-4, Nutrition Score:4.2530434805414%

## Nutrients (% of daily need)

Calories: 75.76kcal (3.79%), Fat: 1.63g (2.51%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 12.14g (4.05%), Net Carbohydrates: 11.61g (4.22%), Sugar: 0.1g (0.11%), Cholesterol: 31mg (10.33%), Sodium: 111.79mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Vitamin K: 14.22µg (13.55%), Selenium: 8.08µg (11.54%), Vitamin A: 478.48IU (9.57%), Folate: 37.87µg (9.47%), Vitamin B1: 0.13mg (8.63%), Vitamin B2: 0.12mg (7.27%), Manganese: 0.14mg (6.76%), Iron: 0.95mg (5.25%), Vitamin B3: 0.95mg (4.74%), Phosphorus: 35.19mg (3.52%), Fiber: 0.53g (2.12%), Vitamin B5: 0.2mg (2%), Vitamin E: 0.3mg (2%), Magnesium: 7.21mg (1.8%), Copper: 0.03mg (1.69%), Zinc: 0.24mg (1.59%), Vitamin B6: 0.03mg (1.37%), Vitamin B12: 0.07µg (1.24%), Calcium: 11.85mg (1.18%), Potassium: 41.04mg (1.17%), Vitamin D: 0.17µg (1.11%)