



Kohlrabi and Egg Noodles

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 cups extra wide egg noodles no yolks® (such as)
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 3 cups kohlrabi bulb grated

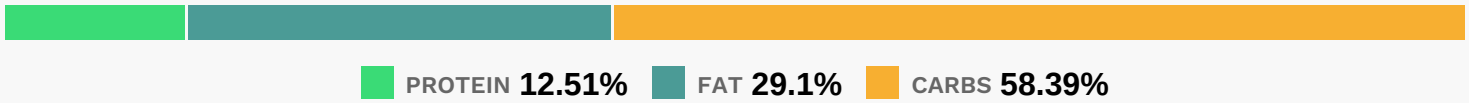
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Bring a large pot of lightly salted water to a boil. Cook egg noodles in boiling water, stirring occasionally, until cooked through yet firm to the bite, about 5 minutes; drain.
- ☐ Melt butter in a skillet over medium heat.
- ☐ Add kohlrabi, season with salt and pepper, and cook until the kohlrabi is tender, 7 to 10 minutes. Stir the drained egg noodles into the kohlrabi; cook and stir until the noodles are slightly fried, 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:5.96, Inflammation Score:-3, Nutrition Score:6.2086955632852%

Flavonoids

Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 112.04kcal (5.6%), Fat: 3.71g (5.72%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 14.3g (5.2%), Sugar: 1.67g (1.86%), Cholesterol: 15.96mg (5.32%), Sodium: 47.14mg (2.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.19%), Vitamin C: 31.39mg (38.05%), Selenium: 15.33µg (21.9%), Manganese: 0.25mg (12.28%), Fiber: 2.47g (9.9%), Phosphorus: 70.04mg (7%), Potassium: 226.35mg (6.47%), Copper: 0.12mg (6.15%), Vitamin B6: 0.12mg (5.88%), Magnesium: 20.91mg (5.23%), Vitamin B1: 0.06mg (3.87%), Folate: 13.66µg (3.42%), Iron: 0.57mg (3.18%), Vitamin A: 155.75IU (3.11%), Vitamin B3: 0.6mg (3.02%), Vitamin E: 0.42mg (2.82%), Vitamin B5: 0.26mg (2.61%), Zinc: 0.38mg (2.54%), Calcium: 20.29mg (2.03%), Vitamin B2: 0.03mg (1.69%)