

Orecchiette



Vegetarian



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 cup garbanzo flour (or whole-grain flour)
- ☐ 0.5 teaspoon salt

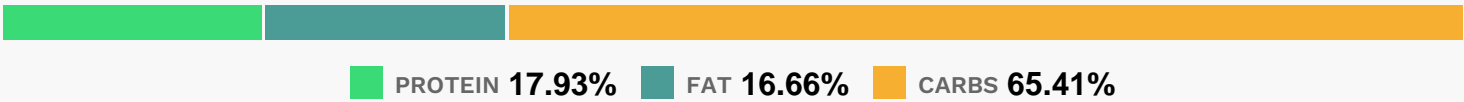
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Boil a large pot of salted water.
- ☐ Meanwhile, in a large bowl, mix the flours and salt. Make a well in the center of the dry ingredients and add the eggs.
- ☐ Whisk them, gradually pulling in flour from the rim, until the mixture comes together into a firm ball of dough.
- ☐ Turn the dough out onto a well-floured surface and work it until smooth.
- ☐ With a well-floured hand, pinch off small fingerfuls of dough, roll them between your thumb and forefinger into balls, and press each in the middle to form an indentation. (Toddler fingers are especially well-suited to this task.)
- ☐ Cook the orecchiette in the boiling water for 1 minute past the point when they rise to the top.
- ☐ Drain and serve.
- ☐ Orecchiette can also be made with the semolina egg-noodle dough.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:17.24, Inflammation Score:-4, Nutrition Score:8.5608695900959%

Nutrients (% of daily need)

Calories: 172.55kcal (8.63%), Fat: 3.13g (4.82%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 27.68g (9.23%), Net Carbohydrates: 24.95g (9.07%), Sugar: 2.26g (2.51%), Cholesterol: 64.8mg (21.6%), Sodium: 209.89mg (9.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.58g (15.17%), Folate: 134.29µg (33.57%), Manganese: 0.47mg (23.29%), Vitamin B1: 0.27mg (18.09%), Selenium: 12.08µg (17.26%), Iron: 2.1mg (11.69%), Phosphorus: 109.5mg (10.95%), Fiber: 2.72g (10.89%), Copper: 0.22mg (10.86%), Magnesium: 38.09mg (9.52%), Vitamin B2: 0.16mg (9.16%), Vitamin B3: 1.58mg (7.92%), Vitamin B6: 0.13mg (6.43%), Potassium: 198.07mg (5.66%), Zinc: 0.85mg (5.64%), Vitamin B5: 0.39mg (3.92%), Vitamin E: 0.33mg (2.22%), Vitamin D: 0.32µg (2.16%), Calcium: 19.99mg (2%), Vitamin B12: 0.12µg (1.95%), Vitamin A: 94.72IU (1.89%), Vitamin K: 1.92µg (1.83%)