



food
network

Pasatelli

READY IN



25 min.

SERVINGS



4

CALORIES



888 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups bread crumbs fresh
- 8 cups chicken stock see boiling
- 3 eggs
- 0.5 teaspoon nutmeg grated
- 2 cups parmigiano-reggiano plus grated
- 6 tablespoons butter unsalted melted

Equipment

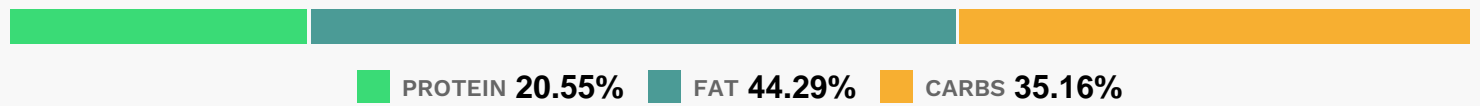
- bowl

- mixing bowl
- meat grinder

Directions

- In a mixing bowl, stir together bread crumbs, 2 cups cheese, eggs, butter and nutmeg until a ball is formed. Feed ball into meat grinder set over boiling chicken stock and grind noodles into broth. They will set as they hit the stock. When all the noodles are in broth, lower heat to simmer and cook 5 to 6 minutes.
- Serve in deep bowls with plenty of grated cheese.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.48, Inflammation Score:-8, Nutrition Score:31.740434993868%

Nutrients (% of daily need)

Calories: 887.82kcal (44.39%), Fat: 43.23g (66.51%), Saturated Fat: 22.61g (141.28%), Carbohydrates: 77.23g (25.74%), Net Carbohydrates: 73.53g (26.74%), Sugar: 13.21g (14.68%), Cholesterol: 216.31mg (72.1%), Sodium: 2129.53mg (92.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.14g (90.27%), Calcium: 778.61mg (77.86%), Selenium: 52.57µg (75.1%), Phosphorus: 681.16mg (68.12%), Vitamin B1: 0.99mg (65.73%), Vitamin B3: 13.13mg (65.65%), Vitamin B2: 1.06mg (62.27%), Manganese: 0.77mg (38.59%), Iron: 5.92mg (32.89%), Folate: 130.5µg (32.63%), Copper: 0.51mg (25.57%), Vitamin B6: 0.49mg (24.67%), Zinc: 3.67mg (24.48%), Vitamin A: 1108.15IU (22.16%), Potassium: 760.22mg (21.72%), Vitamin B12: 1.21µg (20.22%), Magnesium: 80.87mg (20.22%), Fiber: 3.7g (14.79%), Vitamin B5: 1.2mg (12.03%), Vitamin K: 8.73µg (8.31%), Vitamin D: 1.23µg (8.17%), Vitamin E: 1.15mg (7.68%), Vitamin C: 0.97mg (1.17%)