

Plain Pasta

 Vegetarian

READY IN



215 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

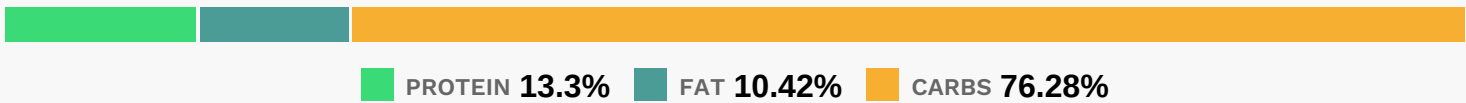
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1 tablespoon butter
- ☐ 0.5 teaspoon salt
- ☐ 2 cups semolina flour
- ☐ 0.5 cup warm water

Equipment

Directions

- ☐ Mix together flour, salt baking powder.
- ☐ Add warm water and butter; knead dough until stiff.
- ☐ Let rest a few minutes.
- ☐ Roll into a ball and quarter. Using 1/4 of the ball at a time roll out to 1/8 or 1/16 inch thick.
- ☐ Cut into desired shapes.
- ☐ Let dry for 1 to 3 hours on flat surface. Cook as you would pasta

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:31.33, Inflammation Score:-6, Nutrition Score:15.394347826748%

Nutrients (% of daily need)

Calories: 327.63kcal (16.38%), Fat: 3.72g (5.72%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 61.25g (20.42%), Net Carbohydrates: 57.97g (21.08%), Sugar: 0g (0%), Cholesterol: 7.53mg (2.51%), Sodium: 342.01mg (14.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.68g (21.36%), Selenium: 75.13µg (107.33%), Vitamin B1: 0.68mg (45.43%), Folate: 153.82µg (38.46%), Vitamin B2: 0.48mg (28.28%), Manganese: 0.52mg (26.04%), Vitamin B3: 5.03mg (25.17%), Iron: 3.69mg (20.52%), Fiber: 3.28g (13.11%), Phosphorus: 120.56mg (12.06%), Magnesium: 39.92mg (9.98%), Copper: 0.16mg (8.19%), Zinc: 0.89mg (5.93%), Vitamin B5: 0.49mg (4.91%), Potassium: 157.19mg (4.49%), Vitamin B6: 0.09mg (4.33%), Calcium: 30.88mg (3.09%), Vitamin E: 0.3mg (2%), Vitamin A: 87.46IU (1.75%)