



Spelt Noodles



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



332 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 eggs
- ☐ 1 cup rice flour white
- ☐ 1 tablespoon vegetable oil
- ☐ 3 tablespoons water as needed

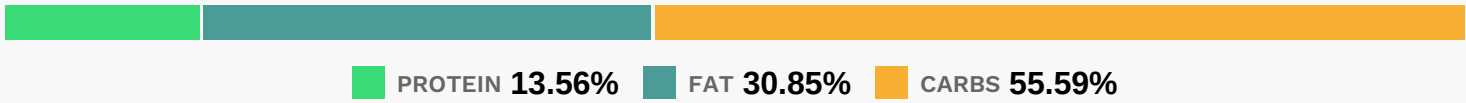
Equipment

- ☐ food processor
- ☐ bread machine
- ☐ pasta machine

Directions

- ☐ (Preferred) Process all ingredients in a food processor until they form a ball that rides on the blades.
- ☐ You can also let a bread machine knead the ingredients for about 5 minutes. (I've never tried this, but have heard it works well.)
- ☐ Pasta can be rolled and cut in a regular (manual, hand-crank) pasta maker by passing it through repeatedly smaller (i.e., higher number) settings until nearly paper thin, and then run through the cutting blades. I am told it does not do so well in an automatic pasta maker.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.8013043125039%

Nutrients (% of daily need)

Calories: 331.57kcal (16.58%), Fat: 10.89g (16.75%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 44.16g (14.72%), Net Carbohydrates: 36.16g (13.15%), Sugar: 0.08g (0.09%), Cholesterol: 81.84mg (27.28%), Sodium: 34.36mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.54%), Fiber: 8g (31.99%), Iron: 3.27mg (18.15%), Vitamin K: 12.57µg (11.97%), Selenium: 6.75µg (9.65%), Vitamin B2: 0.1mg (5.91%), Vitamin E: 0.79mg (5.25%), Phosphorus: 43.56mg (4.36%), Vitamin B5: 0.34mg (3.37%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Folate: 10.34µg (2.59%), Vitamin A: 118.8IU (2.38%), Zinc: 0.29mg (1.91%), Vitamin B6: 0.04mg (1.87%), Calcium: 12.99mg (1.3%)