



Unique Spinach Noodles



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups torn spinach leaves
- ☐ 2 tablespoons water

Equipment

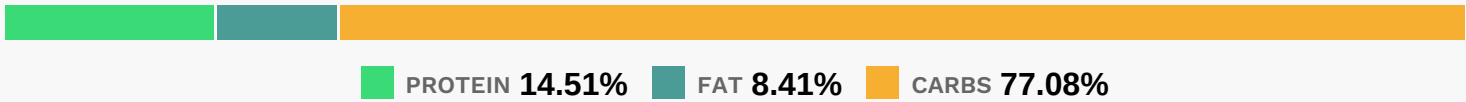
- ☐ bowl
- ☐ sauce pan

☐ blender

Directions

- ☐ Combine spinach and water in a saucepan. Cover, and cook till spinach is very tender. Cool slightly.
- ☐ Place spinach and liquid in blender container.
- ☐ Add egg and salt. Cover, and blend till smooth.
- ☐ Transfer to a bowl.
- ☐ Add enough flour to make a stiff dough.
- ☐ Turn dough out onto a lightly floured surface. Knead for 1 minute.
- ☐ Roll very thin on a floured surface.
- ☐ Let rest 20 minutes.
- ☐ Roll up loosely. Slice 1/4 inch wide. Unroll.
- ☐ Cut into desired lengths.
- ☐ Spread out on a rack to dry for 2 hours.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:21.61, Inflammation Score:-7, Nutrition Score:10.068695591844%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 160.07kcal (8%), Fat: 1.47g (2.25%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 30.23g (10.08%), Net Carbohydrates: 28.97g (10.53%), Sugar: 0.19g (0.21%), Cholesterol: 40.92mg (13.64%), Sodium: 314.87mg (13.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.38%), Vitamin K: 45.43µg (43.27%), Selenium: 16.71µg (23.88%), Folate: 94.84µg (23.71%), Vitamin B1: 0.32mg (21.22%), Vitamin A: 938.49IU (18.77%), Manganese: 0.35mg (17.72%), Vitamin B2: 0.26mg (15.35%), Iron: 2.26mg (12.56%), Vitamin B3: 2.38mg (11.91%), Phosphorus: 68.56mg

(6.86%), Fiber: 1.26g (5.04%), Magnesium: 17.4mg (4.35%), Copper: 0.08mg (3.89%), Vitamin B5: 0.35mg (3.46%), Vitamin C: 2.63mg (3.19%), Potassium: 109.35mg (3.12%), Zinc: 0.47mg (3.11%), Vitamin B6: 0.05mg (2.71%), Vitamin E: 0.33mg (2.19%), Calcium: 21.71mg (2.17%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)