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## Kohlrabi, Spinach, and Egg Noodles

This recipe combines the earthy flavors of kohlrabi and spinach with the comforting texture of egg noodles. It's a vegetarian dish that is both hearty and nutritious.

**Recipe Type:** Vegetarian

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>200 g</b>	Kohlrabi
<b>150 g</b>	spinach
<b>150 g</b>	egg noodles
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	pepper

2 tbsp olive oil

2  
cloves garlic

## Directions

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### Step 1

Cut

Peel and dice the kohlrabi.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Sautéing

Heat olive oil in a pan and sauté the garlic until fragrant.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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### Step 3

Cooking

Add the kohlrabi to the pan and cook until tender.

**Prep Time:** 5 mins

**Cook Time:** 7 mins

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## Step 4

Boiling

Cook the egg noodles according to package instructions.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 5

Cooking

Add the spinach to the pan and cook until wilted.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Step 6

Mixing

Drain the noodles and add them to the pan. Season with salt and pepper.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 7

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 12 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	40 g	72.73%	80%
Fibers	8 g	21.05%	32%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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