



WHATSheATE



Creole Fried Bow-Ties



Vegetarian



Vegan



Dairy Free

READY IN



11 min.

SERVINGS



7

CALORIES



280 kcal

SIDE DISH

Ingredients



8 ounces bow-tie pasta



3 tablespoons spicy creole seasoning (with tony chachere's more spice creole seasoning)



7 servings vegetable oil



0.3 cup cornmeal (yellow)

Equipment



bowl



paper towels

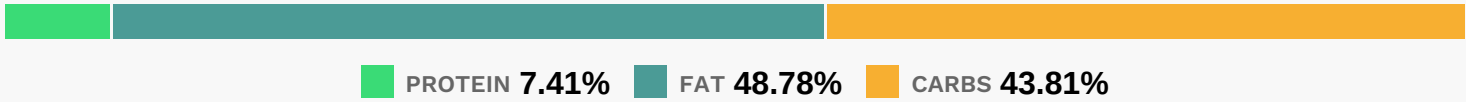


dutch oven

Directions

- ☐ Cook pasta according to package directions; drain well, and blot pasta dry with paper towels.
- ☐ Combine cornmeal and Creole seasoning in a large bowl. Toss pasta, a handful at a time, in cornmeal mixture to coat; shake off excess.
- ☐ Pour oil to a depth of 2" in a Dutch oven; heat over medium-high heat to 37
- ☐ Fry pasta, in batches, 3 to 4 minutes or until golden brown.
- ☐ Drain on paper towels. Store pasta snacks up to a week in an airtight container.

Nutrition Facts



Properties

Glycemic Index:20.36, Glycemic Load:13.22, Inflammation Score:-6, Nutrition Score:7.6656521869742%

Nutrients (% of daily need)

Calories: 279.85kcal (13.99%), Fat: 15.3g (23.55%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 30.93g (10.31%), Net Carbohydrates: 28.59g (10.4%), Sugar: 1.2g (1.34%), Cholesterol: 0mg (0%), Sodium: 2.89mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Selenium: 21.12µg (30.17%), Vitamin K: 27.51µg (26.2%), Manganese: 0.39mg (19.42%), Vitamin A: 891.64IU (17.83%), Vitamin E: 1.85mg (12.32%), Fiber: 2.33g (9.33%), Phosphorus: 84.55mg (8.45%), Vitamin B6: 0.14mg (7.16%), Magnesium: 28.53mg (7.13%), Copper: 0.12mg (6%), Zinc: 0.74mg (4.96%), Vitamin B3: 0.92mg (4.62%), Iron: 0.82mg (4.54%), Potassium: 139.79mg (3.99%), Vitamin B1: 0.06mg (3.93%), Vitamin B2: 0.05mg (2.72%), Folate: 10.68µg (2.67%), Vitamin C: 1.64mg (1.98%), Vitamin B5: 0.18mg (1.85%), Calcium: 10.43mg (1.04%)