



Crunchy Batwings



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

Ingredients

- ☐ 2 cup bowtie pasta uncooked
- ☐ 3 tablespoons cajun spice
- ☐ 6 servings oil for deep frying
- ☐ 0.3 cup cornmeal yellow

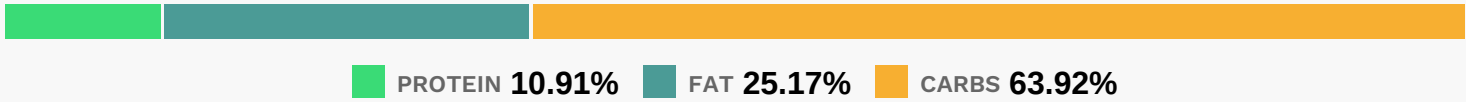
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ dutch oven

Directions

- ☐ Cook pasta according to package directions; drain well and blot pasta dry with paper towels.
- ☐ Combine cornmeal and Cajun 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 inches in a Dutch oven; heat over medium-high heat to 37
- ☐ Fry pasta, in batches, 3 to 4 minutes or until golden.
- ☐ Drain on paper towels. Store pasta snacks up to a week in an airtight container.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:9.95, Inflammation Score:-8, Nutrition Score:6.7126086500028%

Nutrients (% of daily need)

Calories: 142.74kcal (7.14%), Fat: 4.07g (6.27%), Saturated Fat: 0.43g (2.68%), Carbohydrates: 23.26g (7.75%), Net Carbohydrates: 20.57g (7.48%), Sugar: 1.03g (1.15%), Cholesterol: 0mg (0%), Sodium: 3.93mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.95%), Vitamin A: 1723.89IU (34.48%), Selenium: 13.39µg (19.13%), Manganese: 0.3mg (14.78%), Fiber: 2.69g (10.77%), Vitamin E: 1.56mg (10.42%), Vitamin B6: 0.16mg (7.77%), Iron: 1.26mg (7.02%), Phosphorus: 68.67mg (6.87%), Magnesium: 26.28mg (6.57%), Copper: 0.1mg (5.21%), Zinc: 0.71mg (4.72%), Vitamin K: 4.84µg (4.61%), Vitamin B3: 0.91mg (4.55%), Potassium: 152.84mg (4.37%), Vitamin B1: 0.06mg (3.74%), Vitamin B2: 0.06mg (3.72%), Vitamin B5: 0.23mg (2.27%), Folate: 8.32µg (2.08%), Calcium: 12.74mg (1.27%)