

Lacy Rice Noodle Crisps





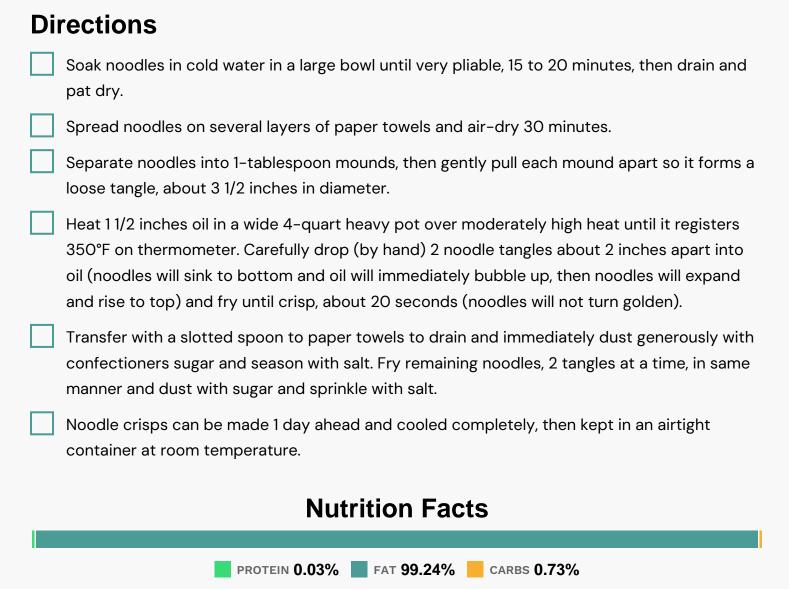
Ingredients

1 oz vermicelli	dried (rice-stick noodles)

48 fl. oz. vegetable oil

Equipment

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bowl
paper towels
pot
kitchen thermometer
slotted spoon



Properties

Glycemic Index:7.25, Glycemic Load:1.68, Inflammation Score:-3, Nutrition Score:8.7056521748233%

Nutrients (% of daily need)

Calories: 1581.29kcal (79.06%), Fat: 177.44g (272.98%), Saturated Fat: 27.06g (169.15%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.89g (1.05%), Sugar: Og (0%), Cholesterol: Omg (0%), Sodium: 6.45mg (0.28%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 0.12g (0.24%), Vitamin K: 326.28µg (310.74%), Vitamin E: 14.51mg (96.75%)