



Lacy Rice Noodle Crisps



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



1581 kcal

Ingredients



1 oz vermicelli dried (rice-stick noodles)



48 fl. oz. vegetable oil

Equipment



bowl



paper towels



pot



kitchen thermometer



slotted spoon

Directions

- ☐ Soak noodles in cold water in a large bowl until very pliable, 15 to 20 minutes, then drain and pat dry.
- ☐ Spread noodles on several layers of paper towels and air-dry 30 minutes.
- ☐ Separate noodles into 1-tablespoon mounds, then gently pull each mound apart so it forms a loose tangle, about 3 1/2 inches in diameter.
- ☐ Heat 1 1/2 inches oil in a wide 4-quart heavy pot over moderately high heat until it registers 350°F on thermometer. Carefully drop (by hand) 2 noodle tangles about 2 inches apart into oil (noodles will sink to bottom and oil will immediately bubble up, then noodles will expand and rise to top) and fry until crisp, about 20 seconds (noodles will not turn golden).
- ☐ Transfer with a slotted spoon to paper towels to drain and immediately dust generously with confectioners sugar and season with salt. Fry remaining noodles, 2 tangles at a time, in same manner and dust with sugar and sprinkle with salt.
- ☐ Noodle crisps can be made 1 day ahead and cooled completely, then kept in an airtight container at room temperature.

Nutrition Facts



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: 0g (0%), Cholesterol: 0mg (0%), Sodium: 6.45mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Vitamin K: 326.28µg (310.74%), Vitamin E: 14.51mg (96.75%)