



Naomi Duguid's Fried Noodles

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup extra wide egg noodles dried
- 6 servings vegetable oil; peanut oil preferred for frying

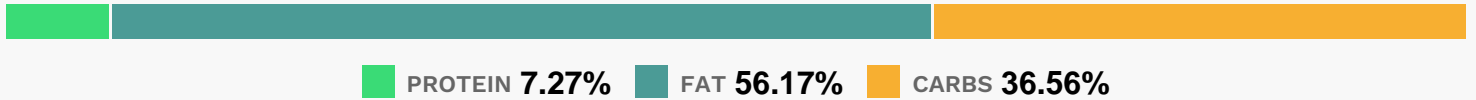
Equipment

- pot
- wok
- tongs

Directions

- Break or cut egg noodles into approximately 3-inch lengths.
- Heat 1 inch of peanut oil over medium-high heat in a stable wok or a wide shallow pot. When the oil is hot, toss in the noodles. If they start to brown immediately, lower the heat slightly. Fry, moving them around to prevent scorching, until they crisp and curl and just start to change color. Use tongs or a spider to lift them out of the hot oil, pausing to let excess oil drain off, then transfer to a plate.
- Pour off the oil; it can be used for another purpose. Fried noodles will keep for a week if stored, once completely cooled, in a well-sealed glass jar.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:1.89, Inflammation Score:-1, Nutrition Score:1.0139130472165%

Nutrients (% of daily need)

Calories: 49.07kcal (2.45%), Fat: 3.08g (4.74%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 4.3g (1.57%), Sugar: 0.12g (0.13%), Cholesterol: 5.32mg (1.77%), Sodium: 1.33mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.79%), Selenium: 4.99µg (7.13%), Vitamin E: 0.46mg (3.09%), Manganese: 0.05mg (2.71%), Phosphorus: 15.26mg (1.53%)