



Crunchy Nacho Bites (PKU Friendly)

These are a great alternative to nacho flavored chips! Store in an air-tight container at room temperature.

U.S.		Metric	Phe (mg)	Pro (g)
1 box	Low protein pasta, fusilli shaped	500 g	145 mg	2.9 g
1 cup	Daiya cheddar cheese	113 g	198 mg	3.96 g
1/2 tsp	Onion powder	1.5 g	4.5 mg	0.09 g
1/2 tsp	Garlic powder	1.5 g	13.5 mg	0.27 g
2 tsp	Nutritional Yeast	6 g	99 mg	1.98 g
1/2 tsp	Kosher Salt	6 g	0 mg	0 g
1/2 tsp	Paprika	1.5 g	40 mg	0.18 g

Protein per recipe: 9.48 g

Phe per recipe: 900 mg

Protein per serving: 1 g

Phe per serving: 55 mg

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 300°F (145°C).
3. Bring water to a boil in a large pot. Add pasta and cook according to package directions. If directions are unavailable, boil for 8-10 minutes, until soft to the bite. Strain pasta.
4. Place drained pasta in even layers on baking sheets lined with parchment paper. Spray an even layer of cooking spray on pasta and place in the preheated oven for about 30 minutes, or until crunchy.
5. While pasta is baking, place cheese in a microwave safe bowl. Microwave on high heat, in 30 second intervals, until cheese is firm and hard.
6. Place cheese in a small blender or food processor and blend until it forms a fine powder. Add the onion powder, garlic powder, nutritional yeast, kosher salt, and paprika to the cheese. Blend for a few seconds to incorporate and everything is a uniform, fine powder.
7. Place crunchy pasta in a large bowl. Spray a heavy even coat of cooking spray onto pasta. Add cheese mixture and toss until pasta is evenly coated with cheese mixture. These can be served immediately, but are best enjoyed when allowed to sit out for at least 30 minutes.

****Nutrition Facts on Reverse**

Nutrition Facts

9 Servings

Serving size 1/2 cup pasta

Amount per serving

Calories 250

Calories from Fat 30

Total Fat 3.5 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated 0 g

Cholesterol 0 mg

Sodium 240 mg

Total Carbohydrate 53 g

Dietary Fiber 2 g

Total Sugars 0 g

Includes 0g Added Sugars

Protein 1 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 24 mg

Phosphorus 2 mg
