



## Apple Chips with Sweet Yogurt Dip

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



4

CALORIES



183 kcal

SIDE DISH

### Ingredients

- 1 gala apple red
- 6 ounce apples i use 2 granny smith apples
- 1 teaspoon ground cinnamon
- 3 tablespoons maple syrup pure
- 0.3 teaspoon salt
- 1 pinch salt
- 1.5 cups milk greek yogurt plain whole
- 0.3 cup sugar

- 0.5 teaspoon vanilla extract

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- mandoline

## Directions

- Place 1 rack at the top and 1 at the bottom position and preheat the oven to 300 degrees F. Line 2 large heavy baking sheets with parchment paper. Lightly coat the parchment with nonstick spray.
- For the topping: In a small bowl, stir the sugar, cinnamon and salt until blended.
- For the apple chips: Stand each apple upright.
- Cut 1/4 inch vertically off the right and left sides of each apple. Set the mandoline or v-slicer for cutting 1/16-inch-thick slices.
- Place 1 apple, cut-side down, on the slicer.
- Cut slices until the apple core is exposed. Turn the apple over and cut slices off the remaining side until the core is exposed. Arrange the apple slices in a single layer on one of the baking sheets. Repeat with the second apple.
- Using your fingertips, sprinkle the apple slices generously with the topping.
- Bake until the edges curl and the chips are golden and feel crisp, 40 to 45 minutes. Pull the parchment with the apples onto the work surface and cool completely, 20 to 30 minutes (the chips will crisp more as they cool).
- For the dip: In a medium bowl, stir the yogurt, maple syrup, vanilla and salt until blended. Cover and chill until ready to serve.
- Serve the dip alongside the apple chips.

## Nutrition Facts



■ PROTEIN 16.99% ■ FAT 2.27% ■ CARBS 80.74%

## Properties

Glycemic Index:43.9, Glycemic Load:15.63, Inflammation Score:-2, Nutrition Score:6.0926086747128%

## Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 6.63mg, Epicatechin: 6.63mg, Epicatechin: 6.63mg, Epicatechin: 6.63mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

## Nutrients (% of daily need)

Calories: 182.82kcal (9.14%), Fat: 0.47g (0.73%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 37.9g (12.63%), Net Carbohydrates: 35.52g (12.92%), Sugar: 33.14g (36.83%), Cholesterol: 3.75mg (1.25%), Sodium: 184.48mg (8.02%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 7.97g (15.95%), Vitamin B2: 0.43mg (25.13%), Manganese: 0.47mg (23.6%), Phosphorus: 112.03mg (11.2%), Calcium: 110.17mg (11.02%), Selenium: 7.52µg (10.74%), Fiber: 2.38g (9.51%), Vitamin B12: 0.52µg (8.75%), Potassium: 236.86mg (6.77%), Vitamin C: 4.07mg (4.93%), Vitamin B6: 0.09mg (4.25%), Magnesium: 16.17mg (4.04%), Zinc: 0.55mg (3.66%), Vitamin B5: 0.3mg (3.04%), Vitamin B1: 0.04mg (2.77%), Vitamin K: 2.09µg (1.99%), Copper: 0.04mg (1.98%), Folate: 7.92µg (1.98%), Vitamin B3: 0.26mg (1.3%), Iron: 0.22mg (1.25%), Vitamin E: 0.18mg (1.18%), Vitamin A: 52.01IU (1.04%)