



Baked Apple Chips

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

130 min.

SERVINGS

servings

8

CALORIES

calories

61 kcal

SIDE DISH

Ingredients

- ☐ 4 granny smith apples cored very thin sliced into rounds
- ☐ 1 tablespoon ground cinnamon
- ☐ 2 tablespoons sugar white

Equipment

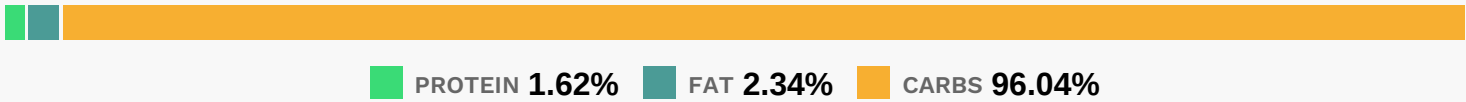
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

☐ whisk

Directions

- ☐ Preheat oven to 250 degrees F (120 degrees C). Line two baking sheets with parchment paper.
- ☐ Whisk sugar and cinnamon together in a large bowl.
- ☐ Add apple slices and toss to coat. Arrange apple slices in a single layer on prepared baking sheets.
- ☐ Bake apples in the preheated oven until browned and just crisped, about 2 hours. Cool completely.

Nutrition Facts



Properties

Glycemic Index:13.39, Glycemic Load:5.43, Inflammation Score:-1, Nutrition Score:2.0330434587339%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg 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: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 61.34kcal (3.07%), Fat: 0.18g (0.27%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 13.64g (4.96%), Sugar: 12.48g (13.87%), Cholesterol: 0mg (0%), Sodium: 1.04mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.55%), Fiber: 2.71g (10.86%), Manganese: 0.21mg (10.33%), Vitamin C: 4.22mg (5.12%), Potassium: 101.74mg (2.91%), Vitamin K: 2.31µg (2.2%), Vitamin B6: 0.04mg (1.94%), Calcium: 15.51mg (1.55%), Vitamin B2: 0.02mg (1.45%), Copper: 0.03mg (1.41%), Magnesium: 5.15mg (1.29%), Vitamin E: 0.19mg (1.25%), Iron: 0.19mg (1.08%), Phosphorus: 10.65mg (1.07%), Vitamin B1: 0.02mg (1.05%), Vitamin A: 52.09IU (1.04%)