

Baked Pickle Chips



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



58 kcal

SIDE DISH

Ingredients

- ☐ 32 kosher dill pickle chips low-sodium
- ☐ 2 egg whites lightly beaten
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup panko bread crumbs

Equipment

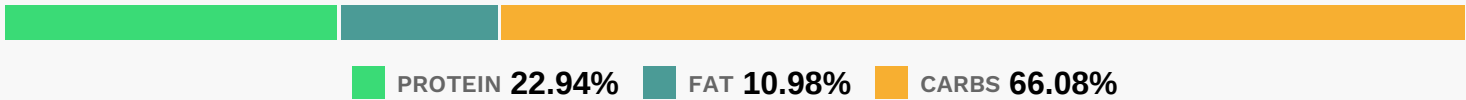
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels

☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Heat a skillet over medium-high heat.
- ☐ Add panko; cook 2 minutes or until golden, shaking pan frequently.
- ☐ Place panko in a shallow dish.
- ☐ Place flour in another shallow dish; place egg whites in another shallow dish. Pat dill pickle chips dry with paper towels. Dredge pickles in flour; dip in egg whites, and dredge in panko. Arrange pickles in a single layer on a baking sheet.
- ☐ Bake at 450 for 8 minutes on each side or until crisp.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:2.07, Inflammation Score:-2, Nutrition Score:3.5573912833048%

Nutrients (% of daily need)

Calories: 57.79kcal (2.89%), Fat: 0.7g (1.08%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 9.48g (3.16%), Net Carbohydrates: 8.49g (3.09%), Sugar: 1.3g (1.44%), Cholesterol: 0mg (0%), Sodium: 532.35mg (23.15%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Vitamin K: 9.91µg (9.44%), Selenium: 6.16µg (8.8%), Vitamin B2: 0.15mg (8.62%), Vitamin B1: 0.13mg (8.59%), Manganese: 0.12mg (6.12%), Folate: 19.97µg (4.99%), Calcium: 45.58mg (4.56%), Fiber: 1g (3.99%), Vitamin B3: 0.8mg (3.98%), Iron: 0.68mg (3.76%), Potassium: 105.88mg (3.03%), Phosphorus: 27.64mg (2.76%), Magnesium: 9.62mg (2.4%), Copper: 0.04mg (2.13%), Vitamin A: 102.48IU (2.05%), Vitamin B6: 0.03mg (1.53%), Vitamin C: 1.18mg (1.43%), Zinc: 0.2mg (1.34%), Vitamin B5: 0.11mg (1.14%)