



Baked Potato Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



4

CALORIES



103 kcal

SIDE DISH

Ingredients



0.5 tablespoons olive oil



1 pound potatoes

Equipment



bowl



frying pan



baking sheet



baking paper



oven

- ☐ knife
- ☐ aluminum foil
- ☐ mandoline

Directions

- ☐ Preheat the oven to 375 degrees F.Line a two large baking sheets with nonstick foil or parchment paper.Using a mandoline or a very sharp knife, cut the potatoes into very thin slices.
- ☐ Put the potato slices in a large bowl and toss with olive oil.Arrange potatoes on the nonstick foil lined pan and bake for 30 minutes to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:14.5, Inflammation Score:-2, Nutrition Score:5.7017391008203%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 102.79kcal (5.14%), Fat: 1.85g (2.85%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 19.81g (6.6%), Net Carbohydrates: 17.32g (6.3%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 6.84mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin C: 22.34mg (27.08%), Vitamin B6: 0.33mg (16.73%), Potassium: 477.42mg (13.64%), Fiber: 2.49g (9.98%), Manganese: 0.17mg (8.67%), Magnesium: 26.08mg (6.52%), Phosphorus: 64.64mg (6.46%), Copper: 0.12mg (6.12%), Vitamin B1: 0.09mg (6.05%), Vitamin B3: 1.2mg (5.98%), Iron: 0.89mg (4.97%), Folate: 18.14µg (4.54%), Vitamin B5: 0.34mg (3.36%), Vitamin K: 3.21µg (3.06%), Zinc: 0.33mg (2.19%), Vitamin B2: 0.04mg (2.13%), Vitamin E: 0.26mg (1.76%), Calcium: 13.63mg (1.36%)