



Baked Sweet Potato Chips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

Ingredients

- 2 medium sweet potatoes and into peeled
- 1 tablespoon vegetable oil
- 0.5 teaspoon sea salt
- 1 serving bell pepper to taste

Equipment

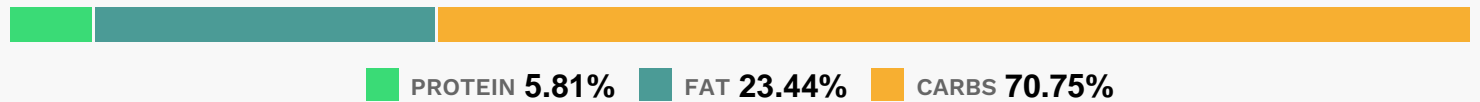
- bowl
- baking sheet
- baking paper

oven

Directions

- Heat oven to 400°F.
- Cut sweet potatoes into very thin slices. In large bowl, toss potatoes with oil, salt and pepper.
- Place potatoes in single layer on 2 ungreased cookie sheets (slices can touch but not overlap).
- Bake 10 to 15 minutes, rotating cookie sheets once, until edges are crisp but potatoes are still soft in the center. Cool 5 minutes; remove from cookie sheets to cooking parchment paper. Cool completely (chips will become crisp as they cool).

Nutrition Facts



Properties

Glycemic Index:22.5, Glycemic Load:11.45, Inflammation Score:-10, Nutrition Score:11.653043498164%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 132.08kcal (6.6%), Fat: 3.51g (5.4%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 23.86g (7.95%), Net Carbohydrates: 20.08g (7.3%), Sugar: 5.51g (6.12%), Cholesterol: 0mg (0%), Sodium: 353.58mg (15.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin A: 16614.46IU (332.29%), Vitamin C: 26.55mg (32.18%), Manganese: 0.31mg (15.66%), Fiber: 3.78g (15.12%), Vitamin B6: 0.29mg (14.52%), Potassium: 420.17mg (12%), Vitamin B5: 0.96mg (9.63%), Vitamin K: 9.2µg (8.76%), Copper: 0.17mg (8.7%), Magnesium: 30.49mg (7.62%), Vitamin B1: 0.1mg (6.55%), Phosphorus: 57.95mg (5.8%), Vitamin E: 0.87mg (5.77%), Folate: 21µg (5.25%), Vitamin B2: 0.08mg (4.99%), Iron: 0.77mg (4.29%), Vitamin B3: 0.81mg (4.06%), Calcium: 35.38mg (3.54%), Zinc: 0.39mg (2.58%)