



Baked Taro Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



2

CALORIES



108 kcal

SIDE DISH

Ingredients



1 tablespoon olive oil



0.5 teaspoon salt



1 large taro peeled sliced into 1/4-inch disks

Equipment

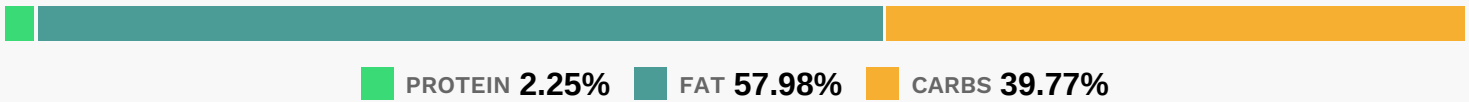


oven

Directions

- ☐
- Preheat oven to 450 degrees F (230 degrees C).
- ☐
- Place taro disks in a 1- to 2-inch deep dish.
- ☐
- Brush disks evenly with olive oil and sprinkle with salt.
- ☐
- Bake in the preheated oven until tops of chips are crisp, about 15 minutes; flip chips and continue baking until second side is crisp, about 15 more minutes.

Nutrition Facts



Properties

Glycemic Index:28.2, Glycemic Load:5.21, Inflammation Score:-1, Nutrition Score:2.989130401093%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 108.08kcal (5.4%), Fat: 7.08g (10.9%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 9.24g (3.36%), Sugar: 0.17g (0.18%), Cholesterol: 0mg (0%), Sodium: 586.13mg (25.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin E: 1.99mg (13.29%), Manganese: 0.15mg (7.45%), Potassium: 244.66mg (6.99%), Fiber: 1.69g (6.78%), Vitamin B6: 0.11mg (5.27%), Vitamin K: 4.64µg (4.42%), Copper: 0.07mg (3.58%), Phosphorus: 34.65mg (3.47%), Magnesium: 13.49mg (3.37%), Vitamin B1: 0.04mg (2.36%), Folate: 7.7µg (1.92%), Vitamin C: 1.58mg (1.91%), Calcium: 18.14mg (1.81%), Iron: 0.27mg (1.51%), Vitamin B3: 0.24mg (1.18%), Vitamin B5: 0.12mg (1.17%)