



Baked Veggie Chips with Curried Yogurt Dip



Vegetarian



Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 0.5 acorn squash washed halved seeded
- ☐ 1 beets washed peeled
- ☐ 1 tablespoon curry powder
- ☐ 0.5 eggplant washed and ends removed
- ☐ 12 oz yogurt plain fat free yoplait®
- ☐ 1 tablespoon juice of lemon
- ☐ 4 servings olive oil
- ☐ 4 servings salt to taste

☐ 4 servings salt and pepper to taste

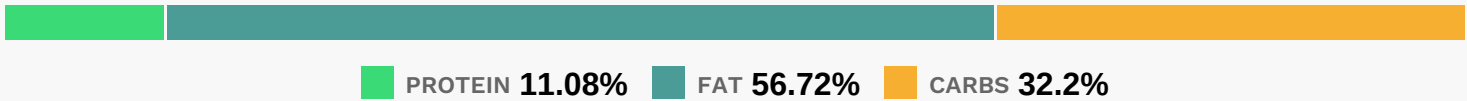
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ mandoline

Directions

- ☐ Heat oven to 250°F. Line 2 cookie sheets with silicone mats; lightly brush with olive oil.
- ☐ Use a mandoline slicer to slice eggplant, squash and beet into thin slices, about 1/16 inch thick. Arrange slices in single layer on cookie sheets.
- ☐ Lightly brush vegetable slices with olive oil; sprinkle with salt.
- ☐ Bake 1 hour, rotating halfway through, until chips are dried and slightly crunchy.
- ☐ Transfer chips to cooling rack to harden and cool.
- ☐ Meanwhile, in small bowl, stir together Dip ingredients.
- ☐ Serve with chips.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:1.4, Inflammation Score:-5, Nutrition Score:10.676086840422%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 221.76kcal (11.09%), Fat: 14.56g (22.4%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 18.6g (6.2%), Net Carbohydrates: 14.99g (5.45%), Sugar: 10.07g (11.19%), Cholesterol: 1.7mg (0.57%), Sodium: 472.92mg (20.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Calcium: 203.23mg (20.32%), Phosphorus: 180.4mg (18.04%), Manganese: 0.36mg (18.01%), Potassium: 628.78mg (17.97%), Vitamin E: 2.53mg (16.88%), Fiber: 3.61g (14.44%), Folate: 57.36µg (14.34%), Vitamin B2: 0.24mg (14.03%), Vitamin C: 10.58mg (12.82%), Magnesium: 50.17mg (12.54%), Vitamin K: 12.14µg (11.56%), Vitamin B6: 0.21mg (10.44%), Vitamin B1: 0.15mg (9.98%), Vitamin B5: 0.96mg (9.58%), Vitamin B12: 0.52µg (8.65%), Zinc: 1.12mg (7.48%), Iron: 1.28mg (7.1%), Copper: 0.12mg (6.13%), Selenium: 3.91µg (5.58%), Vitamin B3: 0.98mg (4.89%), Vitamin A: 238.62IU (4.77%)