



Baked Zucchini Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



130 min.

SERVINGS



16

CALORIES



2 kcal

SIDE DISH

Ingredients

- ☐ 1 serving olive oil cooking spray
- ☐ 1 zucchini thinly sliced
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.5 teaspoon pepper

Equipment

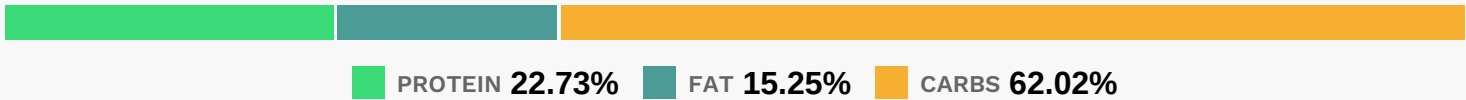
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

☐ wire rack

Directions

- ☐ Heat oven to 200°F. Line cookie sheet with cooking parchment paper; spray paper with olive oil cooking spray.
- ☐ Place zucchini slices on cookie sheet in single layer. Spray tops with cooking spray; sprinkle evenly with seasoned salt and pepper.
- ☐ Bake 2 hours, rotating cookie sheet after 1 hour. After 1 hour 30 minutes, check zucchini every 10 minutes to avoid burning.
- ☐ Removed from oven to cooling rack.
- ☐ Serve warm or cool. Store in airtight container.

Nutrition Facts



Properties

Glycemic Index:2.94, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.5413043524908%

Flavonoids

Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 2.29kcal (0.11%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 0.42g (0.14%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.31g (0.34%), Cholesterol: 0mg (0%), Sodium: 146.34mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.15g (0.31%), Vitamin C: 2.19mg (2.66%), Manganese: 0.03mg (1.5%), Vitamin B6: 0.02mg (1.01%)