



Butternut Squash Chips



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



139 kcal

SIDE DISH

Ingredients



2 small butternut squash peeled



1 pinch cayenne



6 servings duck fat for frying melted or canola oil



0.5 teaspoon garlic powder



0.1 teaspoon ground pepper black



1 tablespoon kosher salt



0.3 teaspoon brown sugar light



0.5 teaspoon paprika

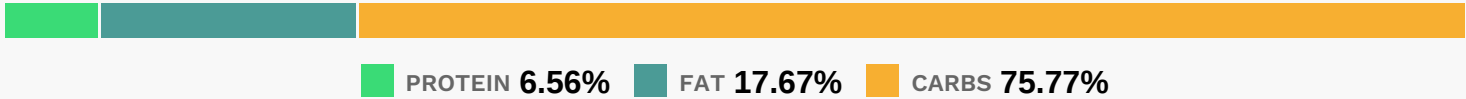
Equipment

- ☐ bowl
- ☐ knife
- ☐ mixing bowl
- ☐ sieve
- ☐ kitchen thermometer
- ☐ mandoline
- ☐ dutch oven

Directions

- ☐ In a small mixing bowl, thoroughly combine the salt, garlic powder, paprika, brown sugar, black pepper and cayenne. Set aside.
- ☐ Using a sharp knife, cut the tubular top portion away from the globe-shaped bottoms of both squash. Using the knife or a mandoline, shave the tops into chips. Submerge the chips in a deep container with ice water for 10 minutes (this removes any extra starch and makes the chips crispy). Strain the chips and pat dry.
- ☐ Meanwhile, using an instant-read thermometer, bring 3 inches of duck fat to 325 degrees F in a heavy gauge Dutch oven over medium heat. Working in batches, fry the chips until they are golden and crispy, 5 to 7 minutes.
- ☐ Transfer with a fine mesh strainer to a paper-towel-lined dish. Season immediately with a sprinkle of spice mix. Repeat until all chips are fried.
- ☐ Transfer to a large bowl and serve.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.02, Inflammation Score:-10, Nutrition Score:18.051739086276%

Nutrients (% of daily need)

Calories: 139.34kcal (6.97%), Fat: 3.08g (4.73%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 24.6g (8.95%), Sugar: 5.69g (6.32%), Cholesterol: 0mg (0%), Sodium: 1173.06mg (51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin A: 26664.25IU (533.29%), Vitamin C: 52.52mg (63.66%), Vitamin E: 4.15mg (27.64%), Manganese: 0.52mg (25.94%), Potassium: 888.13mg (25.38%), Magnesium: 85.63mg (21.41%), Fiber: 5.1g (20.38%), Vitamin B6: 0.39mg (19.67%), Folate: 67.73µg (16.93%), Vitamin B1: 0.25mg (16.78%), Vitamin B3: 3.02mg (15.1%), Calcium: 121.65mg (12.16%), Iron: 1.82mg (10.09%), Vitamin B5: 1.01mg (10.07%), Copper: 0.18mg (9.21%), Phosphorus: 84.18mg (8.42%), Vitamin K: 4.96µg (4.73%), Vitamin B2: 0.05mg (3.1%), Zinc: 0.39mg (2.62%), Selenium: 1.33µg (1.9%)