



## Chive 'n' Onion Potato Chips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



492 kcal

SIDE DISH

### Ingredients

- 2 tablespoons chives dried
- 0.5 teaspoon garlic powder
- 1 teaspoon onion powder
- 26 oz potato oven chips frozen
- 0.3 teaspoon salt

### Equipment

- oven

## Directions

- Divide 1 (26-oz.) bag frozen potato oven chips between 2 lightly greased jelly-roll pans, spreading chips in single layers in pans.
- Sprinkle potatoes evenly with 2 Tbsp. dried chives, 1 tsp. onion powder, 1/2 tsp. garlic powder, and, if desired, 1/4 tsp. salt.
- Bake at 450 for 20 to 22 minutes or until potatoes are golden brown and crisp.
- Note: For testing purposes only, we used Ore-Ida Oven Chips (Crispy, Battered, Skin-On Potato Slices).

## Nutrition Facts

    
 PROTEIN **4.71%**  FAT **55.78%**  CARBS **39.51%**

## Properties

Glycemic Index:0.63, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:15.3699999996994%

## Nutrients (% of daily need)

Calories: 491.79kcal (24.59%), Fat: 31.33g (48.2%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 49.94g (16.65%), Net Carbohydrates: 47.01g (17.1%), Sugar: 0.33g (0.36%), Cholesterol: 0mg (0%), Sodium: 558.56mg (24.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.91%), Vitamin E: 9.58mg (63.89%), Vitamin B5: 4.01mg (40.09%), Potassium: 1111.83mg (31.77%), Manganese: 0.62mg (30.89%), Vitamin B6: 0.5mg (24.76%), Vitamin C: 20.29mg (24.6%), Vitamin B3: 4.39mg (21.95%), Vitamin K: 20.37µg (19.4%), Magnesium: 58.79mg (14.7%), Phosphorus: 142.81mg (14.28%), Vitamin B1: 0.2mg (13.24%), Fiber: 2.92g (11.7%), Copper: 0.22mg (10.92%), Zinc: 1.02mg (6.82%), Folate: 27.02µg (6.76%), Iron: 1.21mg (6.72%), Vitamin B2: 0.08mg (4.84%), Selenium: 2.39µg (3.41%), Calcium: 20.91mg (2.09%)