



Chive-Parmesan Potato Chips

 Gluten Free

READY IN



27 min.

SERVINGS



7

CALORIES



65 kcal

SIDE DISH

Ingredients

- ☐ 12 ounce baking potato
- ☐ 3 tablespoons chives fresh minced
- ☐ 1 tablespoon olive oil
- ☐ 3 tablespoons parmesan cheese fresh grated
- ☐ 0.8 teaspoon salt

Equipment

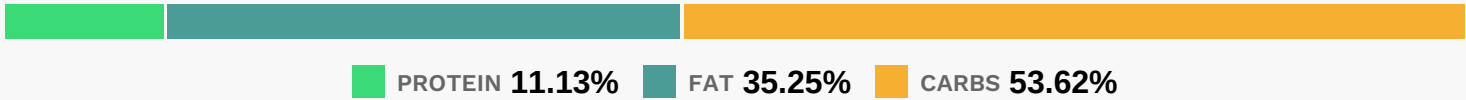
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ mandoline

Directions

- ☐ Preheat oven to 40
- ☐ Scrub potato with a brush.
- ☐ Cut potato lengthwise into very thin slices using a mandoline slicer.
- ☐ Combine potato slices and oil in a large bowl.
- ☐ Add cheese, chives, and salt, and toss gently to coat.
- ☐ Arrange potato slices in a single layer on baking sheets coated with cooking spray.
- ☐ Bake at 400 for 18 to 20 minutes or until golden.
- ☐ Note: Chips will brown at different rates. Watch chips carefully, and quickly remove individual chips from the oven as they become golden.

Nutrition Facts



Properties

Glycemic Index:22.39, Glycemic Load:6.94, Inflammation Score:-1, Nutrition Score:2.7373913063303%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 64.86kcal (3.24%), Fat: 2.6g (4%), Saturated Fat: 0.64g (4.01%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 8.24g (3%), Sugar: 0.34g (0.38%), Cholesterol: 1.46mg (0.49%), Sodium: 286mg (12.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin B6: 0.17mg (8.57%), Potassium: 208.51mg (5.96%), Vitamin K: 4.85µg (4.62%), Vitamin C: 3.52mg (4.26%), Phosphorus: 42.35mg (4.23%), Manganese: 0.08mg (4.11%), Calcium: 33.05mg (3.3%), Magnesium: 12.67mg (3.17%), Vitamin B1: 0.04mg (2.78%), Fiber: 0.66g (2.66%), Copper: 0.05mg (2.65%), Iron: 0.47mg (2.61%), Vitamin B3: 0.52mg (2.59%), Folate: 8.3µg (2.08%), Vitamin E: 0.3mg (2%), Vitamin B5: 0.16mg (1.6%), Vitamin A: 73.19IU (1.46%), Vitamin B2: 0.02mg (1.45%), Zinc: 0.21mg (1.38%)