



## Crisp Potato Galettes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



164 kcal

### Ingredients

- 24 oz russet potatoes peeled
- 4 servings salt
- 1 tablespoon vegetable oil

### Equipment

- frying pan
- oven
- aluminum foil
- mandoline
- spatula

## Directions

- Using a mandoline or vegetable slicer, cut potatoes into paper-thin slices (about 1/32 in. thick). Coat a 10- by 15-inch nonstick pan with 2 teaspoons oil.
- Cover pan bottom with neat, overlapping layers of potatoes, making layers beside pan rim slightly thicker than those in center of pan. With your fingers, gently rub 1 to 2 more teaspoons oil over the top layer of potatoes.
- Bake in a 350 oven until potatoes are golden brown (including slices in pan center), 45 minutes to 1 hour; as some areas brown first, cover dark portions lightly with foil.
- Remove from oven and slide a wide spatula under potatoes to release from pan, but leave in place; (don't worry if the galette cracks).
- Let cool at least 30 minutes.
- Return galette to the 350 oven and bake until slightly darker brown and crisp, 15 to 20 minutes.
- Remove from oven and slide spatula under galette again to be sure it isn't stuck.
- Sprinkle potatoes with salt and break into 12 random but similar-size rectangles, saving fragments.

## Nutrition Facts



## Properties

Glycemic Index:21.19, Glycemic Load:24.18, Inflammation Score:-2, Nutrition Score:7.36782614166%

## Nutrients (% of daily need)

Calories: 164.43kcal (8.22%), Fat: 3.54g (5.44%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 28.53g (10.37%), Sugar: 1.05g (1.17%), Cholesterol: 0mg (0%), Sodium: 202.29mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin B6: 0.59mg (29.34%), Potassium: 709.34mg (20.27%), Manganese: 0.27mg (13.38%), Vitamin C: 9.7mg (11.75%), Magnesium: 39.13mg (9.78%), Phosphorus: 93.55mg (9.36%), Vitamin B1: 0.14mg (9.3%), Vitamin K: 9.31µg (8.87%), Fiber: 2.21g (8.85%), Vitamin B3: 1.76mg (8.8%), Copper: 0.18mg (8.77%), Iron: 1.47mg (8.14%), Folate: 23.81µg (5.95%), Vitamin B5: 0.51mg (5.12%), Vitamin B2: 0.06mg (3.3%), Zinc: 0.49mg (3.29%), Calcium: 22.23mg (2.22%), Vitamin E: 0.3mg (1.97%)