



Crispy Parmesan Butternut Squash Chips

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 1 medium butternut squash
- ☐ 6 servings kosher salt
- ☐ 0.3 cup parmigiano-reggiano grated
- ☐ 2 sprigs rosemary
- ☐ 2 sprigs sage
- ☐ 6 servings vegetable oil for deep-frying

Equipment

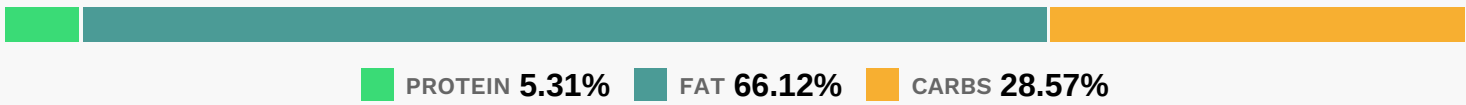
- ☐ paper towels

- ☐ pot
- ☐ kitchen thermometer
- ☐ mandoline
- ☐ peeler

Directions

- ☐ Special equipment: deep-fry thermometer, mandoline
- ☐ Remove the top cylinder portion of the butternut squash and peel with a vegetable peeler. Discard or use the bulb portion for something else. Using a mandoline, finely slice round chips from the peeled cylinder and hold in ice water for 30 minutes to chill. Preheat 2 to 3 inches of oil in a heavy-based pot to 320 degrees F add the fresh herbs and fry until they stop sizzling.
- ☐ Remove from oil and drain on paper towels. Dry chips between paper towels then fry in small batches for 2 to 3 minutes until golden and crispy. Season with salt and shower with fresh grated Parmesan and crumbled herbs.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:13.928695645669%

Nutrients (% of daily need)

Calories: 196.65kcal (9.83%), Fat: 15.21g (23.4%), Saturated Fat: 2.85g (17.82%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 12.27g (4.46%), Sugar: 2.78g (3.09%), Cholesterol: 2.83mg (0.94%), Sodium: 265.56mg (11.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.49%), Vitamin A: 13321.08IU (266.42%), Vitamin C: 26.27mg (31.84%), Vitamin K: 27.19µg (25.9%), Copper: 0.5mg (25.08%), Vitamin E: 2.95mg (19.7%), Manganese: 0.27mg (13.4%), Potassium: 444.77mg (12.71%), Magnesium: 44.64mg (11.16%), Calcium: 110.77mg (11.08%), Fiber: 2.52g (10.1%), Vitamin B6: 0.2mg (9.84%), Folate: 34.14µg (8.54%), Vitamin B1: 0.13mg (8.48%), Vitamin B3: 1.51mg (7.56%), Phosphorus: 70.24mg (7.02%), Iron: 0.94mg (5.21%), Vitamin B5: 0.52mg (5.19%), Vitamin B2: 0.04mg (2.3%), Selenium: 1.56µg (2.24%), Zinc: 0.31mg (2.04%)