



Cumin Apple Chips



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



10 kcal

SIDE DISH

Ingredients



3 tablespoons confectioners sugar



1 medium apples i use 2 granny smith apples



1 teaspoon ground cumin

Equipment



baking sheet

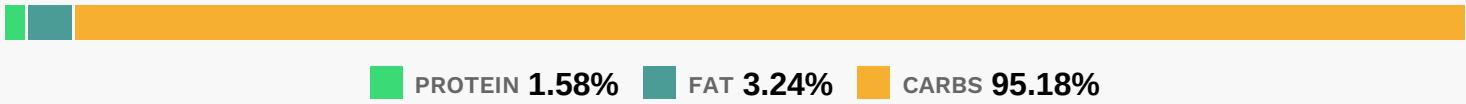


oven

Directions

- ☐ Preheat oven to 200°F and line a large baking sheet with baking pad or parchment.
- ☐ Sift together confectioners sugar and cumin twice to evenly incorporate. Sift half of cumin sugar evenly onto baking sheet.
- ☐ Cut apple crosswise into very thin round slices (about 1/16 inch thick) with slicer. Arrange 20 of largest slices nearly touching each other on baking sheet, then evenly sift remaining cumin sugar over apples. (Reserve remaining apple slices for another use.)
- ☐ Bake slices in middle of oven until pale golden and beginning to crisp, about 1 1/2 hours. Immediately peel chips off pad and cool on a rack.
- ☐ * Available in most cookware shops.
- ☐ Apple chips keep in an airtight container at room temperature 1 week.

Nutrition Facts



Properties

Glycemic Index:1.85, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:0.19347826197096%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 9.77kcal (0.49%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.03%), Carbohydrates: 2.5g (0.83%), Net Carbohydrates: 2.27g (0.82%), Sugar: 2.12g (2.36%), Cholesterol: 0mg (0%), Sodium: 0.28mg (0.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%)