



Curry Leaves Potato Chips

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



177 kcal

SIDE DISH

Ingredients

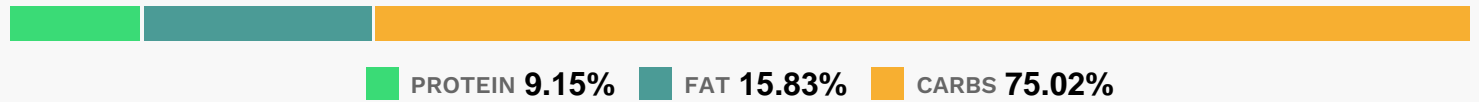
- 3 potatoes – remove skin sliced for 10–15 minutes.
- 1 tsp chili powder plain
- 3 sprigs curry leaves
- 3 servings salt for taste
- 3 servings cooking oil for frying

Equipment

Directions

- Wipe/pat dry potatoes.
- Mix in chili powder and salt.
- Heat oil and fry in batches till crunchy and crispy.
- Remove and keep aside.
- In the same oil, fry curry leaves till crispy too.
- Scoop out and add over chips.
- Crush and toss the leaves with the chips.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:18.34%

Flavonoids

Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Taste

Sweetness: 18.22%, Saltiness: 100%, Sourness: 9.48%, Bitterness: 10.58%, Savoriness: 23.22%, Fattiness: 79.07%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 177.47kcal (8.87%), Fat: 3.24g (4.98%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 34.5g (11.5%), Net Carbohydrates: 30.5g (11.09%), Sugar: 2.81g (3.12%), Cholesterol: 0mg (0%), Sodium: 246.89mg (10.73%), Protein: 4.21g (8.42%), Vitamin B3: 25.55mg (127.76%), Vitamin C: 58.32mg (70.7%), Folate: 273.59µg (68.4%), Potassium: 986.74mg (28.19%), Vitamin B6: 0.38mg (19.05%), Fiber: 4g (15.99%), Manganese: 0.32mg (15.88%), Copper: 0.3mg (14.78%), Phosphorus: 133.2mg (13.32%), Magnesium: 48.65mg (12.16%), Vitamin B1: 0.18mg (11.71%), Iron: 1.72mg (9.56%), Vitamin K: 9.12µg (8.69%), Vitamin A: 357.36IU (7.15%), Vitamin B5: 0.6mg (6.02%), Vitamin E: 0.85mg (5.7%), Zinc: 0.74mg (4.96%), Vitamin B2: 0.08mg (4.51%), Calcium: 32.69mg (3.27%), Selenium: 1.25µg (1.78%)