



WHATSheATE



## English-Style Baked Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



34 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

### Ingredients



12 ounce baking potato



1 teaspoon canola oil



0.5 teaspoon kosher salt or



1 teaspoon lemon pepper



3 cups very water hot

### Equipment



bowl



frying pan

- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ . Scrub potato with a brush.
- ☐ Cut potato crosswise into 40 very thin slices using a mandolin slicer.
- ☐ Combine potato slices and hot water in a large bowl; let stand 10 minutes.
- ☐ Drain. Arrange potato slices on a layer of paper towels; pat dry.
- ☐ . Coat 2 (15 x 10-inch) jelly-roll pans evenly with oil. Arrange potato slices in a single layer on pans. Coat potato slices with cooking spray, and sprinkle evenly with lemon pepper and salt.
- ☐ Bake at 400 for 18 minutes or until lightly browned.
- ☐ Note: Watch chips carefully, and quickly remove individual chips from the pan as they become lightly browned.

Nutrition Facts



Properties

Glycemic Index:29.19, Glycemic Load:12.15, Inflammation Score:-1, Nutrition Score:3.9773912718115%

Nutrients (% of daily need)

Calories: 77.28kcal (3.86%), Fat: 1.08g (1.67%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 14.46g (5.26%), Sugar: 0.53g (0.59%), Cholesterol: 0mg (0%), Sodium: 303.91mg (13.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Vitamin B6: 0.29mg (14.74%), Potassium: 361.36mg (10.32%), Manganese: 0.2mg (9.9%), Copper: 0.12mg (6.14%), Vitamin C: 4.85mg (5.88%), Magnesium: 22.2mg (5.55%), Fiber: 1.23g (4.93%), Phosphorus: 47.57mg (4.76%), Vitamin B1: 0.07mg (4.69%), Vitamin B3: 0.89mg (4.43%), Iron: 0.78mg (4.35%), Folate: 11.99µg (3%), Vitamin K: 3.06µg (2.92%), Vitamin B5: 0.26mg (2.63%), Calcium: 18.77mg (1.88%), Zinc: 0.27mg (1.81%), Vitamin B2: 0.03mg (1.7%), Vitamin E: 0.19mg (1.26%)