



## Five-Spice Lotus Chips



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



45

CALORIES



33 kcal

SIDE DISH

### Ingredients

- 0.8 teaspoon five-spice powder
- 3 tablespoons juice of lemon
- 1 lb lotus root fresh
- 45 servings oil for frying
- 1 teaspoon salt

### Equipment

- bowl
- pot

kitchen thermometer

peeler

## Directions

Peel lotus root with a vegetable peeler and cut into 1/8-in. slices. Soak in a large bowl of water with lemon juice 20 minutes, then drain and pat dry.

Mix salt and five-spice powder together in a small bowl.

Pour enough oil into a medium pot to come 2 in. up sides.

Heat oil until it registers 325 on a deep-fry thermometer.

Fry chips in small batches until golden, then put on a plate and sprinkle each batch with a little five-spice mixture while chips are still hot.

\*Buy lotus root at Asian markets.

## Nutrition Facts

 **PROTEIN 3.27%**  **FAT 75.01%**  **CARBS 21.72%**

## Properties

Glycemic Index:0.11, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.1139130473299%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 32.66kcal (1.63%), Fat: 2.82g (4.34%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.03g (0.03%), Cholesterol: 0mg (0%), Sodium: 55.73mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.55%), Vitamin C: 4.84mg (5.86%), Vitamin E: 0.49mg (3.28%), Fiber: 0.51g (2.03%), Vitamin K: 2µg (1.9%), Potassium: 58.05mg (1.66%), Manganese: 0.03mg (1.4%), Copper: 0.03mg (1.34%), Vitamin B6: 0.03mg (1.34%), Vitamin B2: 0.02mg (1.32%), Vitamin B1: 0.02mg (1.11%), Phosphorus: 10.45mg (1.05%)