



Fresh Squash Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



22 kcal

SIDE DISH

Ingredients



0.3 teaspoon salt



4 cups water cold



2 baby squash yellow



2 zucchini

Equipment



bowl

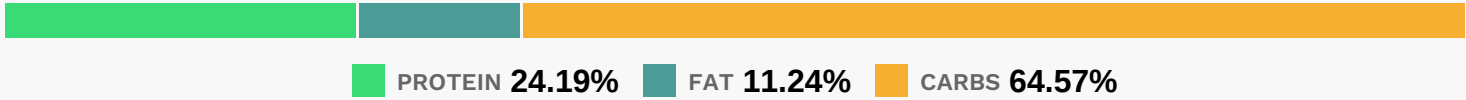


paper towels

Directions

- ☐ Cut yellow squash and zucchini into 1/4-inch-thick rounds.
- ☐ Combine squash, zucchini, cold water, and salt in a large bowl. Cover and chill 30 minutes; drain and pat dry with paper towels.
- ☐ Serve with your favorite dip as an alternative to potato chips.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.68, Inflammation Score:-4, Nutrition Score:5.6021738518839%

Flavonoids

Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 21.56kcal (1.08%), Fat: 0.33g (0.5%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 2.85g (1.04%), Sugar: 3.07g (3.41%), Cholesterol: 0mg (0%), Sodium: 111.31mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.16%), Vitamin C: 22.8mg (27.64%), Vitamin B6: 0.25mg (12.45%), Manganese: 0.23mg (11.51%), Potassium: 341.71mg (9.76%), Vitamin B2: 0.15mg (9.07%), Folate: 34.63µg (8.66%), Magnesium: 24.45mg (6.11%), Fiber: 1.37g (5.49%), Vitamin A: 261.33IU (5.23%), Phosphorus: 49.65mg (4.97%), Copper: 0.09mg (4.66%), Vitamin K: 4.77µg (4.54%), Vitamin B1: 0.06mg (4.05%), Vitamin B3: 0.61mg (3.06%), Zinc: 0.41mg (2.76%), Iron: 0.47mg (2.62%), Calcium: 25.05mg (2.5%), Vitamin B5: 0.23mg (2.35%), Vitamin E: 0.16mg (1.05%)