



Grilled Potato Chips With Chive Dip



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound fingerling potatoes
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 ounces goat cheese soft
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 cup cup heavy whipping cream sour low-fat
- ☐ 2 tablespoons olive oil
- ☐ 0.5 pound peruvian purple potatoes

☐

1 small shallots minced

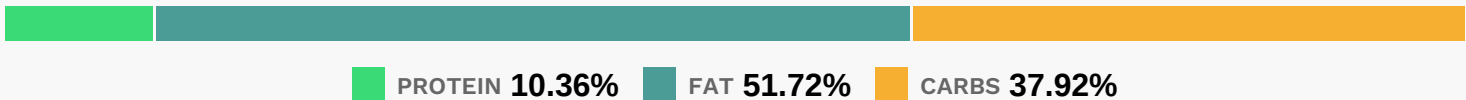
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ mandoline
- ☐ grill pan

Directions

- ☐ In a small bowl, combine the sour cream, goat cheese, shallot, lemon juice, chives, 1/4 teaspoon of the salt, and 1/4 cup of water and stir until smooth. Set aside.Using a mandoline or knife, cut the potatoes lengthwise into very thin slices. In a large bowl, combine the potatoes, oil, and remaining salt and toss well.
- ☐ Heat a grill pan (a cast-iron pan with ridges) over medium heat and add a single layer of potatoes. Cook until golden brown and crispy, 4 to 5 minutes per side. Cook the remaining potatoes in batches.
- ☐ Serve the hot potatoes with the dip.

Nutrition Facts



Properties

Glycemic Index:60.63, Glycemic Load:14.76, Inflammation Score:-4, Nutrition Score:9.1343477575675%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 250.82kcal (12.54%), Fat: 14.68g (22.59%), Saturated Fat: 5.91g (36.95%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 21.49g (7.81%), Sugar: 1.71g (1.9%), Cholesterol: 21.61mg (7.2%), Sodium: 677.08mg (29.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.24%), Vitamin C: 25.11mg (30.44%), Vitamin B6: 0.4mg (20.15%), Potassium: 599.66mg (17.13%), Phosphorus: 136.03mg (13.6%), Copper: 0.24mg (12.04%), Fiber: 2.72g (10.9%), Manganese: 0.21mg (10.53%), Calcium: 97.92mg (9.79%), Magnesium: 34.53mg (8.63%), Vitamin B2: 0.14mg (8.5%), Vitamin B1: 0.12mg (8.21%), Vitamin K: 8.49µg (8.08%), Vitamin E: 1.18mg (7.89%), Iron: 1.32mg (7.32%), Folate: 28.25µg (7.06%), Vitamin B3: 1.31mg (6.54%), Vitamin A: 323.27IU (6.47%), Zinc: 0.71mg (4.72%), Vitamin B5: 0.46mg (4.58%), Vitamin B12: 0.21µg (3.47%), Selenium: 2.16µg (3.09%)