



WHATSheATE



HEALTH SCORE

62%

Homemade Oven Potato Chips



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



204 kcal

SIDE DISH

Ingredients

- ☐ 4 medium florida fingerling potatoes mixed unpeeled (colors)
- ☐ 4 servings herbs fresh
- ☐ 4 servings garlic
- ☐ 1 tablespoon olive oil
- ☐ 4 servings sea salt and ground pepper fresh to taste
- ☐ 4 servings spice mix dried your favorite (Greek, Cajun, BBQ)

Equipment

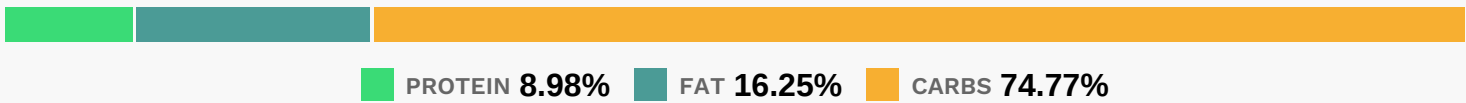
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat your oven to 425°F.Rinse and dry the potatoes, then slice the potatoes as thinly as possible with a mandolin.Rinse the sliced potatoes several times with warm water; lightly squeeze and dry them completely.
- ☐ Put the sliced potatoes in a large bowl and toss them with the olive oil to evenly coat.Lightly grease a cookie sheet.
- ☐ Lay the sliced potatoes in a single layer on cookie sheet.
- ☐ Bake the potatoes for 15 to 20 minutes or until golden brown and crispy.
- ☐ Let the chips cool for just a few minutes, then use a thin spatula to transfer the chips to a large bowl where you toss them with salt, pepper, and your choice of seasonings, if desired.

Nutrition Facts



Properties

Glycemic Index:37.69, Glycemic Load:27.57, Inflammation Score:-6, Nutrition Score:15.59304323922%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 203.51kcal (10.18%), Fat: 3.78g (5.82%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 39.15g (13.05%), Net Carbohydrates: 33.84g (12.31%), Sugar: 1.77g (1.96%), Cholesterol: 0mg (0%), Sodium: 209.64mg (9.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Vitamin K: 78.02µg (74.31%), Vitamin C: 48.24mg (58.47%), Vitamin B6: 0.68mg (33.98%), Potassium: 943.59mg (26.96%), Manganese: 0.43mg (21.64%), Fiber: 5.31g (21.22%), Magnesium: 54.44mg (13.61%), Iron: 2.35mg (13.05%), Phosphorus: 129.8mg (12.98%), Copper: 0.25mg (12.57%), Vitamin B1: 0.18mg (12.11%), Vitamin B3: 2.36mg (11.82%), Folate: 42.62µg (10.66%), Vitamin A: 358.5IU (7.17%), Vitamin B5: 0.67mg (6.74%), Calcium: 52.63mg (5.26%), Vitamin E: 0.74mg (4.94%), Zinc: 0.72mg (4.82%), Vitamin

B2: 0.08mg (4.74%), Selenium: 1.11µg (1.59%)