



WHATSheATE



HEALTH SCORE

92%

Homemade Potato Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



437 kcal

SIDE DISH

Ingredients



3.8 tablespoons onion powder



1.5 cups paprika



4 servings vegetable oil; peanut oil preferred for frying



4 servings salt and pepper black freshly ground



0.8 cup sugar white



1.5 pounds yukon gold potatoes

Equipment



paper towels

- ☐ mandoline
- ☐ colander

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat peanut oil in deep-fryer to 375 degrees F.
- ☐ Peel potatoes and then slice into very thin 1/8-inch slices using a mandoline with a straight blade attachment. Keep potatoes in very cold water until ready to fry after cutting.
- ☐ Drain potatoes in a colander and blot dry with paper towels.
- ☐ Fry potatoes in batches, only a few at a time, for about 3 to 4 minutes. Once they reach a golden brown color, remove chips from the fryer and drain on a pepper towel lined sheet tray. Dust immediately with salt, pepper and Neely's BBQ seasoning, to taste.
- ☐ Combine ingredients and mix well.

Nutrition Facts



Properties

Glycemic Index:50.21, Glycemic Load:49.1, Inflammation Score:-10, Nutrition Score:34.302608572918%

Flavonoids

Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 436.94kcal (21.85%), Fat: 8.36g (12.87%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 94.19g (31.4%), Net Carbohydrates: 75.29g (27.38%), Sugar: 43.38g (48.19%), Cholesterol: 0mg (0%), Sodium: 42.93mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.86g (19.71%), Vitamin A: 19951.82IU (399.04%), Vitamin E: 12.26mg (81.74%), Fiber: 18.9g (75.6%), Vitamin B6: 1.42mg (70.82%), Iron: 10.17mg (56.52%), Manganese: 1mg (50.19%), Potassium: 1706.23mg (48.75%), Vitamin C: 35.41mg (42.92%), Vitamin K: 36.21µg (34.48%), Vitamin B2: 0.57mg (33.24%), Magnesium: 118.8mg (29.7%), Vitamin B3: 5.89mg (29.45%), Copper: 0.52mg (25.76%), Phosphorus: 245.41mg (24.54%), Vitamin B1: 0.3mg (19.99%), Zinc: 2.52mg (16.79%), Vitamin B5: 1.57mg (15.69%), Calcium: 139.17mg (13.92%), Folate: 51.28µg (12.82%), Selenium: 4.23µg (6.04%)