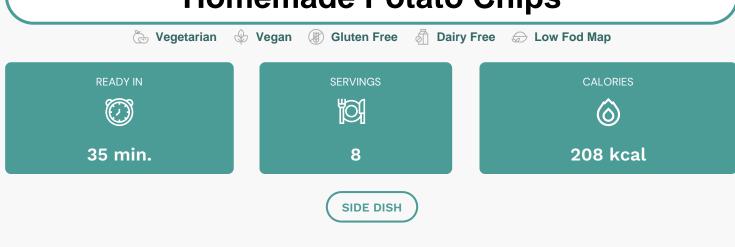


Homemade Potato Chips



Ingredients

	4 large baking potatoes	peeled
	0.3 cup canola oil	
	8 servings salt	

Equipment

bowl
baking sheet
oven

Directions

Ш	Place racks in top and bottom thirds of oven; preheat to 400F. Slice potatoes 1/8-inch thick. In a bowl, toss potatoes with oil until coated.
	Mist 2 large baking sheets with cooking spray.
	Place as many potato slices as you can fit in a single layer on sheets.
	Bake until golden brown, switching baking sheets from top to bottom and front to back twice, 18 to 20 minutes total.
	Immediately sprinkle chips with salt and cool on wire racks. Repeat with remaining potato slices.

Nutrition Facts

PROTEIN **7.4%** 📕 FAT **30.13%** 🦊 CARBS **62.47%**

Properties

Glycemic Index:10.59, Glycemic Load:26.22, Inflammation Score:-3, Nutrition Score:8.1852173717773%

Nutrients (% of daily need)

Calories: 207.63kcal (10.38%), Fat: 7.15g (11%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 30.94g (11.25%), Sugar: 1.14g (1.27%), Cholesterol: Omg (0%), Sodium: 203.01mg (8.83%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.95g (7.9%), Vitamin B6: 0.64mg (31.83%), Potassium: 769.41mg (21.98%), Manganese: 0.29mg (14.51%), Vitamin C: 10.52mg (12.75%), Magnesium: 42.44mg (10.61%), Phosphorus: 101.47mg (10.15%), Vitamin B1: 0.15mg (10.09%), Fiber: 2.4g (9.59%), Vitamin B3: 1.91mg (9.55%), Copper: 0.19mg (9.51%), Iron: 1.59mg (8.82%), Vitamin E: 1.24mg (8.29%), Vitamin K: 8.31µg (7.92%), Folate: 25.83µg (6.46%), Vitamin B5: 0.56mg (5.55%), Vitamin B2: 0.06mg (3.58%), Zinc: 0.54mg (3.57%), Calcium: 24.1mg (2.41%), Selenium: 0.74µg (1.05%)