



Homemade Potato Chips

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



8

CALORIES



208 kcal

SIDE DISH

Ingredients

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

Equipment

- bowl
- baking sheet
- oven

Directions

- 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



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: 0mg (0%), Sodium: 203.01mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (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%)