



HEALTH SCORE

100%

Microwave Potato Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



22 min.

SERVINGS



2

CALORIES



98 kcal

SIDE DISH

Ingredients

- 2 servings old bay seasoning
- 4 large leaves kale
- 1 medium baking potatoes
- 2 servings salt

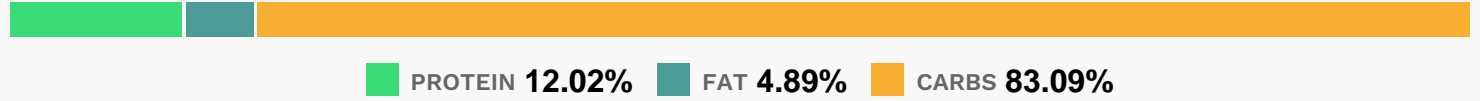
Equipment

- microwave

Directions

Remove from the microwave and allow to cool. Repeat until all potato slices are cooked.

Nutrition Facts



Properties

Glycemic Index:58.38, Glycemic Load:15.16, Inflammation Score:-10, Nutrition Score:14.228695522184%

Flavonoids

Isorhamnetin: 5.19mg, Isorhamnetin: 5.19mg, Isorhamnetin: 5.19mg, Isorhamnetin: 5.19mg Kaempferol: 10.3mg, Kaempferol: 10.3mg, Kaempferol: 10.3mg, Kaempferol: 10.3mg Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg, Quercetin: 4.97mg

Nutrients (% of daily need)

Calories: 97.97kcal (4.9%), Fat: 0.56g (0.87%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 19.02g (6.91%), Sugar: 0.9g (1%), Cholesterol: 0mg (0%), Sodium: 211.32mg (9.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.23%), Vitamin K: 103.82µg (98.88%), Vitamin A: 2251.5IU (45.03%), Vitamin C: 26.86mg (32.56%), Manganese: 0.45mg (22.49%), Vitamin B6: 0.43mg (21.31%), Potassium: 534.39mg (15.27%), Iron: 1.98mg (10.98%), Fiber: 2.51g (10.05%), Magnesium: 36.24mg (9.06%), Calcium: 89.76mg (8.98%), Vitamin B1: 0.12mg (7.83%), Folate: 31.31µg (7.83%), Phosphorus: 74.1mg (7.41%), Vitamin B3: 1.42mg (7.11%), Copper: 0.14mg (6.92%), Vitamin B2: 0.12mg (6.78%), Vitamin B5: 0.34mg (3.41%), Zinc: 0.46mg (3.05%), Vitamin E: 0.18mg (1.21%), Selenium: 0.77µg (1.1%)