



Paleo Salami Chips



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



17 min.

SERVINGS



30

CALORIES



15 kcal

SIDE DISH

Ingredients

- ☐ 4 ounces salami – italian thinly sliced (I use Columbus Farm to Fork Salame)
- ☐ 30 servings salt and pepper

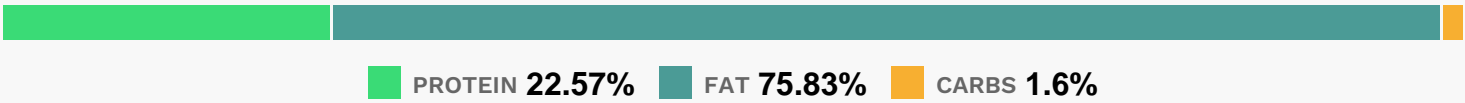
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat your oven to 375°F.
- ☐ Place a wire rack or two on top of a baking sheet, and place the salami slices in a single layer on top of the wire racks. The racks are optional, but do help in the crisping and fat draining.
- ☐ Bake for 15 minutes, or until the chips crisp up, but not to the point of browning. If they start to brown, they are burning.
- ☐ Remove to paper towels.If desired, while still hot, sprinkle with a little salt and/or pepper.

Nutrition Facts



Properties

Glycemic Index:0.93, Glycemic Load:0.02, Inflammation Score:0, Nutrition Score:0.52521738150845%

Nutrients (% of daily need)

Calories: 15.38kcal (0.77%), Fat: 1.27g (1.96%), Saturated Fat: 0.45g (2.81%), Carbohydrates: 0.06g (0.02%), Net Carbohydrates: 0.06g (0.02%), Sugar: 0g (0%), Cholesterol: 2.99mg (1%), Sodium: 279.22mg (12.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.71%), Vitamin B1: 0.04mg (2.34%), Vitamin B12: 0.11µg (1.76%), Selenium: 0.96µg (1.37%), Vitamin B3: 0.21mg (1.06%), Zinc: 0.16mg (1.06%), Vitamin B6: 0.02mg (1.04%)