



Parsnip and Carrot Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 1 pound carrots
- ☐ 1 teaspoon sea salt
- ☐ 0.5 teaspoon thyme sprigs fresh minced
- ☐ 1 pound parsnips
- ☐ 6 servings vegetable oil for frying

Equipment

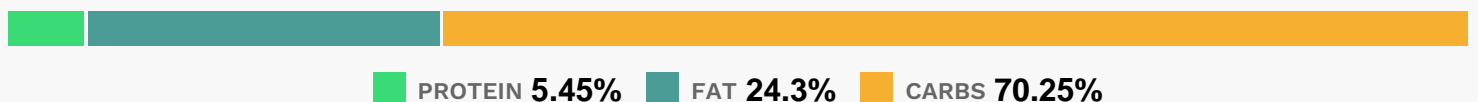
- ☐ bowl
- ☐ frying pan

- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon
- ☐ peeler

Directions

- ☐ After peeling one of the carrots, use the vegetable peeler to peel away long strips from the whole length of the carrot, allowing the strips to drop into a large bowl. Turn the carrot in your hand about one-quarter turn after every 4 or 5 strips, so you'll generally have strips of similar width and length overall. Do the same with the remaining carrots and the parsnips, both of which have a tough core that should be discarded once you get there (the color tends to change slightly).
- ☐ Pour about 2 inches of oil into a large heavy saucepan (the oil should not come more than halfway up the sides of the pan). Bring to 375°F over medium heat.
- ☐ While the oil is heating, combine the salt and thyme in a small dish and rub them together between your fingers for a bit to release the aromatics of the thyme.
- ☐ Carefully add a handful of the vegetable strips to the oil and fry until lightly browned and crisp, 1 to 2 minutes. Use the back of a slotted spoon to gently press the strips down into the oil and spread them out a bit to help ensure even cooking. When crisped, lift out the strips and scatter them on paper towels to drain. Repeat with the remaining vegetable strips, allowing the oil to reheat between batches as needed.
- ☐ Transfer the chips to a serving bowl, sprinkle the thyme-salt mixture over them, and serve. They will be best served shortly after frying.
- ☐ Cynthia Nims studied cooking at La Varenne Ecole de Cuisine and has authored or coauthored thirteen cookbooks, including Gourmet Game Night, Memorable Recipes, and Rover's. She is the former editor of Simply Seafood magazine and food editor for Seattle Magazine, and she contributes to Cooking Light, Coasting Living, and Sunset. She and her husband live in Seattle, Washington, and her blog, Mon Appétit, can be found at www.monappetit.com.

Nutrition Facts



Properties

Glycemic Index:23.97, Glycemic Load:7.55, Inflammation Score:-10, Nutrition Score:13.814782588378%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 112.61kcal (5.63%), Fat: 3.21g (4.94%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 15.04g (5.47%), Sugar: 7.21g (8.01%), Cholesterol: 0mg (0%), Sodium: 447.32mg (19.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin A: 12637.44IU (252.75%), Vitamin K: 32.14µg (30.61%), Manganese: 0.54mg (26.77%), Fiber: 5.84g (23.38%), Vitamin C: 17.58mg (21.31%), Folate: 65.09µg (16.27%), Potassium: 526.51mg (15.04%), Vitamin E: 1.85mg (12.36%), Vitamin B6: 0.17mg (8.65%), Phosphorus: 80.31mg (8.03%), Vitamin B1: 0.12mg (7.87%), Magnesium: 31.27mg (7.82%), Vitamin B5: 0.66mg (6.61%), Vitamin B3: 1.28mg (6.38%), Copper: 0.13mg (6.3%), Calcium: 53.08mg (5.31%), Vitamin B2: 0.08mg (4.85%), Zinc: 0.63mg (4.21%), Iron: 0.71mg (3.92%), Selenium: 1.44µg (2.05%)