



Parsnip Chips



Vegetarian

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READY IN

ready

60 min.

SERVINGS

servings

4

CALORIES

calories

480 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 4 servings cayenne pepper
- ☐ 4 servings chili powder
- ☐ 0.5 cup flour all-purpose
- ☐ 4 parsnips
- ☐ 4 servings salt
- ☐ 2 cups vegetable oil for frying

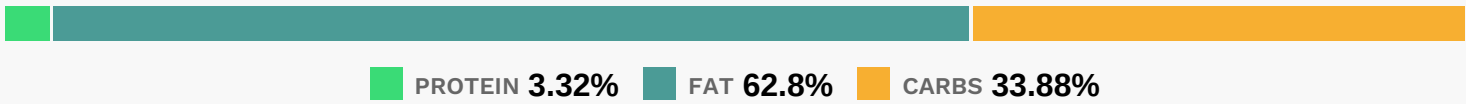
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels

Directions

- ☐ Peel parsnips and slice into 1/4 inch rounds. Bring a pan of lightly salted water to a boil, and add parsnips. Cook for about 5 minutes, until tender but still crisp.
- ☐ Drain, and cool slightly. Dip slices in melted butter, and place on a baking sheet. Refrigerate until the butter is firm, about 30 minutes.
- ☐ Heat oil in a large heavy skillet over medium-high heat. Coat parsnip slices in flour, then fry in the hot oil until golden brown on both sides.
- ☐ Drain on paper towels, and season with salt, chili powder and cayenne to taste.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:19.37, Inflammation Score:-9, Nutrition Score:20.456521735243%

Flavonoids

Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 479.56kcal (23.98%), Fat: 34.56g (53.16%), Saturated Fat: 10.83g (67.71%), Carbohydrates: 41.94g (13.98%), Net Carbohydrates: 32.69g (11.89%), Sugar: 7.84g (8.71%), Cholesterol: 30.5mg (10.17%), Sodium: 334.23mg (14.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.21%), Vitamin K: 79.73µg (75.93%), Manganese: 1.05mg (52.45%), Vitamin E: 5.79mg (38.6%), Fiber: 9.26g (37.03%), Vitamin A: 1779.75IU (35.59%), Folate: 135.55µg (33.89%), Vitamin C: 27.89mg (33.81%), Potassium: 680.69mg (19.45%), Vitamin B1: 0.27mg (18.3%), Phosphorus: 142.19mg (14.22%), Magnesium: 54.7mg (13.67%), Selenium: 8.81µg (12.59%), Vitamin B3: 2.42mg (12.1%), Iron: 2.15mg (11.95%), Vitamin B6: 0.24mg (11.88%), Copper: 0.24mg (11.81%), Vitamin B2: 0.2mg (11.57%), Vitamin B5: 1.03mg (10.32%), Zinc: 1.17mg (7.82%), Calcium: 71.23mg (7.12%)