



Poker Potato Chips



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 2 large skin potatoes red sliced
- ☐ 4 packs roasted garlic dressing mix
- ☐ 8 servings salt and pepper
- ☐ 2 medium sweet potatoes sliced
- ☐ 8 servings vegetable oil for deep frying

Equipment

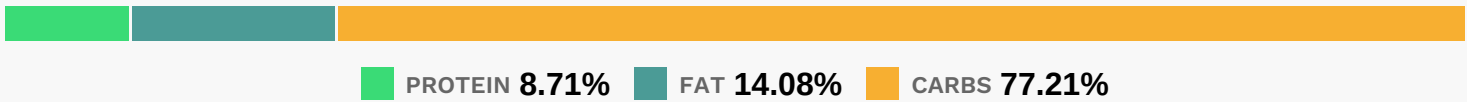
- ☐ frying pan

- ☐ paper towels
- ☐ mandoline
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Combine flour and garlic dressing mix in a large resealable plastic bag. Set aside.
- ☐ Rinse and dry potatoes. Using a mandoline slicer, cut thinly into round disks. Starting with sweet potatoes, add about half of the slices to the seasoned flour. Shake in bag. Arrange on a sheet pan and repeat with remaining potatoes. Chill seasoned potatoes for about 20 minutes.
- ☐ Pour oil into a large, heavy-bottomed Dutch oven until it is a little less than halfway up the sides of the pot.
- ☐ Heat oil to 375 degrees F.
- ☐ In small batches, fry potatoes until crisp.
- ☐ Drain on paper towels season with salt and pepper, to taste. Repeat with the rest of the potato chips.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:14.38, Inflammation Score:-10, Nutrition Score:13.296521746594%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 197.03kcal (9.85%), Fat: 3.12g (4.8%), Saturated Fat: 0.5g (3.09%), Carbohydrates: 38.46g (12.82%), Net Carbohydrates: 34.74g (12.63%), Sugar: 3.61g (4.01%), Cholesterol: 0mg (0%), Sodium: 242.04mg (10.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.68%), Vitamin A: 8022.25IU (160.44%), Manganese: 0.41mg (20.4%), Potassium: 632.92mg (18.08%), Vitamin B1: 0.24mg (16.3%), Vitamin B6: 0.3mg (15.02%), Fiber: 3.72g

(14.87%), Folate: 51.46µg (12.86%), Vitamin C: 9.76mg (11.83%), Copper: 0.24mg (11.8%), Vitamin B3: 2.31mg (11.54%), Phosphorus: 102mg (10.2%), Iron: 1.77mg (9.84%), Magnesium: 38.24mg (9.56%), Selenium: 6.31µg (9.02%), Vitamin K: 8.91µg (8.49%), Vitamin B2: 0.14mg (8.35%), Vitamin B5: 0.79mg (7.87%), Zinc: 0.6mg (4.01%), Calcium: 31.35mg (3.14%), Vitamin E: 0.4mg (2.64%)