



Potato and Kale Chips with Lemon Mayonnaise



Vegetarian



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



602 kcal

SIDE DISH

Ingredients

- ☐ 3 large kale leaves
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons juice of lemon fresh from
- ☐ 1 teaspoon lemon zest from
- ☐ 1 cup mayonnaise
- ☐ 4 servings olive oil for drizzling
- ☐ 8 ounce sweet potatoes unpeeled

☐ 8 ounce potatoes white unpeeled

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ mandoline

Directions

- ☐ Watch how to make this recipe.
- ☐ Chips: Put an oven rack in the center of the oven. Preheat the oven to 350 degrees F.
- ☐ Remove the thick stem from the kale and discard.
- ☐ Cut the leaves into 2 to 3-inch pieces.
- ☐ Put them in a bowl and drizzle with olive oil. Toss well. Arrange the kale in a single layer on parchment paper-lined baking sheets.
- ☐ Bake for 10 to 12 minutes until crispy and slightly dark on the edges. Season with salt and pepper, to taste.
- ☐ Using a mandoline slicer or a sharp knife, slice the white potatoes and the sweet potatoes into 1/8-inch thick slices.
- ☐ Put them in a bowl and drizzle with olive oil. Toss well. Arrange in a single layer (without overlapping) on parchment-lined baking sheets and bake for 12 minutes. Turn the slices over and continue to bake, checking every 2 minutes until brown and crispy, about 6 to 8 minutes longer. Season the chips with salt and pepper, to taste.
- ☐ Mayonnaise: In a small bowl, combine the mayonnaise, lemon juice and lemon zest. Season with salt and pepper, to taste.
- ☐ Transfer all the chips to a large bowl and serve with the mayonnaise.

Nutrition Facts



Properties

Glycemic Index:63.94, Glycemic Load:13.06, Inflammation Score:-10, Nutrition Score:16.862173935641%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg, Isorhamnetin: 1.95mg Kaempferol: 4.32mg, Kaempferol: 4.32mg, Kaempferol: 4.32mg, Kaempferol: 4.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 602kcal (30.1%), Fat: 56.11g (86.33%), Saturated Fat: 8.53g (53.3%), Carbohydrates: 22.66g (7.55%), Net Carbohydrates: 19.27g (7.01%), Sugar: 3.41g (3.79%), Cholesterol: 23.52mg (7.84%), Sodium: 394.96mg (17.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin A: 8906.85IU (178.14%), Vitamin K: 134.14µg (127.76%), Vitamin C: 23.78mg (28.83%), Vitamin E: 4.07mg (27.16%), Vitamin B6: 0.31mg (15.35%), Manganese: 0.31mg (15.25%), Potassium: 479.68mg (13.71%), Fiber: 3.39g (13.55%), Copper: 0.16mg (8.24%), Magnesium: 31.19mg (7.8%), Phosphorus: 76.08mg (7.61%), Vitamin B5: 0.74mg (7.38%), Vitamin B1: 0.11mg (7.11%), Iron: 1.14mg (6.31%), Folate: 24.81µg (6.2%), Vitamin B2: 0.09mg (5.51%), Calcium: 50.95mg (5.1%), Vitamin B3: 1.02mg (5.1%), Zinc: 0.46mg (3.05%), Selenium: 1.89µg (2.7%), Vitamin B12: 0.07µg (1.12%)