

Potato Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



71 kcal

SIDE DISH

Ingredients

- ☐ 1 potatoes paper thin sliced (peel optional)
- ☐ 0.5 teaspoon salt to taste
- ☐ 1 tablespoon vegetable oil

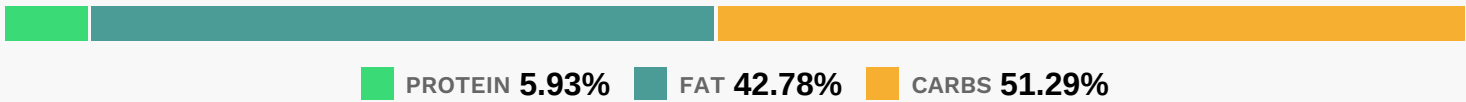
Equipment

- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Pour the vegetable oil into a plastic bag (a produce bag works well).
- ☐ Add the potato slices, and shake to coat.
- ☐ Coat a large dinner plate lightly with oil or cooking spray. Arrange potato slices in a single layer on the dish.
- ☐ Cook in the microwave for 3 to 5 minutes, or until lightly browned (if not browned, they will not become crisp). Times will vary depending on the power of your microwave.
- ☐ Remove chips from plate, and toss with salt (or other seasonings).
- ☐ Let cool. Repeat process with the remaining potato slices. You will not need to keep oiling the plate.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:6.81, Inflammation Score:-1, Nutrition Score:2.9656521835081%

Flavonoids

Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 71.06kcal (3.55%), Fat: 3.45g (5.3%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 8.13g (2.96%), Sugar: 0.42g (0.46%), Cholesterol: 0mg (0%), Sodium: 293.88mg (12.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.15%), Vitamin C: 10.49mg (12.72%), Vitamin B6: 0.16mg (7.85%), Vitamin K: 7.26µg (6.92%), Potassium: 224.24mg (6.41%), Fiber: 1.17g (4.69%), Manganese: 0.08mg (4.11%), Magnesium: 12.26mg (3.06%), Phosphorus: 30.35mg (3.04%), Copper: 0.06mg (2.89%), Vitamin B1: 0.04mg (2.84%), Vitamin B3: 0.56mg (2.81%), Iron: 0.42mg (2.33%), Folate: 8.52µg (2.13%), Vitamin E: 0.28mg (1.89%), Vitamin B5: 0.16mg (1.58%), Zinc: 0.16mg (1.03%)