



Potato Chips with Blue Cheese Dip

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 1.5 ounces cheese blue crumbled finely
- ☐ 2 tablespoons mayonnaise light
- ☐ 1 pound baking potatoes divided thinly sliced (1 large)
- ☐ 0.5 teaspoon salt divided
- ☐ 2 tablespoons skim milk
- ☐ 0.3 cup cream fat-free sour
- ☐ 0.3 teaspoon worcestershire sauce

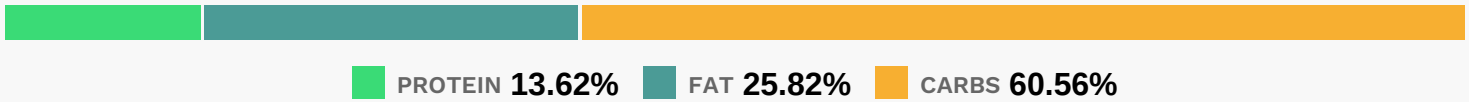
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Place baking sheet in oven.
- ☐ Combine first 5 ingredients in a small bowl, stirring well. Cover and chill.
- ☐ Place potato slices on paper towels; pat dry. Arrange half of potato slices in a single layer on preheated baking sheet coated with cooking spray.
- ☐ Sprinkle with 1/4 teaspoon salt.
- ☐ Bake at 400 for 10 minutes. Turn potato slices over; bake an additional 5 minutes or until golden. Repeat procedure with remaining potatoes and remaining 1/4 teaspoon salt.
- ☐ Serve immediately with blue cheese mixture.

Nutrition Facts



Properties

Glycemic Index:24.17, Glycemic Load:10.87, Inflammation Score:-2, Nutrition Score:4.6152173850847%

Nutrients (% of daily need)

Calories: 107.2kcal (5.36%), Fat: 3.13g (4.82%), Saturated Fat: 1.51g (9.43%), Carbohydrates: 16.54g (5.51%), Net Carbohydrates: 15.56g (5.66%), Sugar: 1g (1.11%), Cholesterol: 7.36mg (2.45%), Sodium: 340.98mg (14.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.44%), Vitamin B6: 0.28mg (13.91%), Potassium: 361.71mg (10.33%), Phosphorus: 87.35mg (8.73%), Calcium: 70.49mg (7.05%), Manganese: 0.12mg (6.02%), Magnesium: 21.03mg (5.26%), Vitamin C: 4.34mg (5.26%), Vitamin B1: 0.07mg (4.83%), Vitamin B2: 0.08mg (4.59%), Vitamin B3: 0.87mg (4.36%), Copper: 0.08mg (4.22%), Fiber: 0.98g (3.93%), Iron: 0.69mg (3.85%), Vitamin K: 4.04µg (3.85%), Folate: 14.85µg (3.71%), Vitamin B5: 0.37mg (3.71%), Zinc: 0.5mg (3.32%), Selenium: 2.23µg (3.19%), Vitamin B12: 0.15µg (2.56%), Vitamin A: 101.08IU (2.02%)