



Radish Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



9 kcal

SIDE DISH

Ingredients



1 serving vegetable oil for deep frying



20 medium radishes



0.5 teaspoon coarse salt (kosher or sea)

Equipment



paper towels



sauce pan



knife



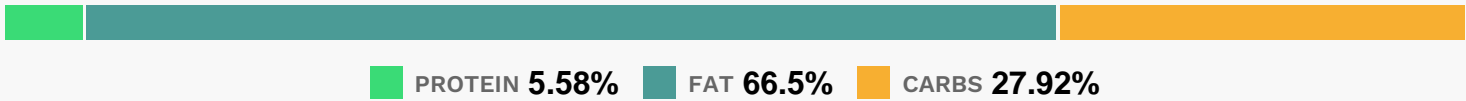
mandoline

☐ colander

Directions

- ☐ In deep fat fryer or heavy saucepan, heat 2 to 3 inches oil to 325°F.
- ☐ Use mandoline slicer or very sharp knife to cut radishes into very thin slices.
- ☐ Place in 2-quart saucepan, and cover with water.
- ☐ Heat to boiling. Boil over high heat 4 to 5 minutes or until radish slices are translucent and skins are a lighter shade of pink.
- ☐ Drain radish slices in colander.
- ☐ Fry radish slices in hot oil in at least 2 batches 8 to 10 minutes or until bubbles have almost completely stopped forming when radish slices are submerged into hot oil. Radish slices will be deep golden brown.
- ☐ Drain on paper towels, and season with salt before serving.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:0.64521738813947%

Flavonoids

Pelargonidin: 12.63mg, Pelargonidin: 12.63mg, Pelargonidin: 12.63mg, Pelargonidin: 12.63mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg

Nutrients (% of daily need)

Calories: 9.39kcal (0.47%), Fat: 0.72g (1.11%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.37g (0.41%), Cholesterol: 0mg (0%), Sodium: 298.48mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.27%), Vitamin C: 2.96mg (3.59%), Vitamin K: 1.55µg (1.47%), Potassium: 46.66mg (1.33%), Fiber: 0.32g (1.28%), Folate: 5µg (1.25%)