



Red, White, and Blue Potato and Beet Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



8

CALORIES



346 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound baking potatoes such as russet or idaho (2 small potatoes)
- ☐ 0.5 pound beets peeled (2 small beets)
- ☐ 6 cups canola oil
- ☐ 0.5 pound purple potatoes (4 small potatoes)
- ☐ 8 servings sea salt

Equipment

- ☐ bowl
- ☐ baking sheet

- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ kitchen thermometer
- ☐ mandoline
- ☐ deep fryer

Directions

- ☐ Fill a large bowl with cold water. Using a mandoline or a very sharp knife, slice the baking and purple potatoes into 1/8-inch-thick rounds then transfer to the cold water to soak for 5 minutes. While the potatoes soak, slice the beets into 1/8-inch-thick rounds.
- ☐ Remove the potatoes from the water and transfer them to a paper towel-lined plate, patting them completely dry.
- ☐ Line a large baking sheet with paper towels. Fill a deep, heavy-bottomed medium saucepan (or deep fryer) with 4 inches of oil, leaving at least 3 inches between the oil and the top of the saucepan.
- ☐ Heat the oil over moderately high heat until a deep-fry thermometer registers 350°F.
- ☐ Working in batches, use a slotted metal spoon or spider to carefully place the potato rounds in the hot oil. Fry, flipping as needed, until golden brown, 2 to 3 minutes.
- ☐ Transfer as done to the paper towel-lined baking sheet and immediately season with salt. Continue to fry the remaining potatoes, returning the oil to 350°F between batches.
- ☐ Once all the potatoes are fried, fry the beets: Working in batches, use a slotted metal spoon or spider to carefully place the beet rounds in the hot oil. Fry, flipping as needed, until they begin to curl around the edges, 3 to 4 minutes.
- ☐ Transfer as done to the paper towel-lined baking sheet and immediately season with salt. Continue to fry the remaining beet rounds, returning the oil to 350°F between batches.
- ☐ In a large bowl, toss together the potato and beet chips, season with additional salt if necessary, and serve. DO AHEAD: Potato and beet chips can be fried ahead and stored in an airtight container for 3 days.

Nutrition Facts



 PROTEIN **1.74%**  FAT **85.81%**  CARBS **12.45%**

Properties

Glycemic Index:21.06, Glycemic Load:7.65, Inflammation Score:-5, Nutrition Score:6.5126088054284%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 345.79kcal (17.29%), Fat: 33.67g (51.8%), Saturated Fat: 2.49g (15.57%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 10g (3.63%), Sugar: 0.4g (0.44%), Cholesterol: 0mg (0%), Sodium: 204.28mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Vitamin E: 5.89mg (39.24%), Vitamin K: 25.01µg (23.81%), Vitamin C: 13.78mg (16.7%), Vitamin B6: 0.2mg (10.21%), Potassium: 286.37mg (8.18%), Manganese: 0.13mg (6.5%), Vitamin A: 322.9IU (6.46%), Folate: 18.99µg (4.75%), Phosphorus: 42.81mg (4.28%), Magnesium: 16.16mg (4.04%), Fiber: 0.99g (3.97%), Vitamin B3: 0.75mg (3.74%), Copper: 0.07mg (3.71%), Vitamin B1: 0.05mg (3.63%), Iron: 0.65mg (3.58%), Vitamin B5: 0.2mg (2.03%), Vitamin B2: 0.03mg (1.92%), Zinc: 0.22mg (1.5%), Calcium: 10.89mg (1.09%)