



Salt-and-Vinegar Potato Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 8 servings kosher salt
- ☐ 8 servings vegetable oil for frying
- ☐ 1 tablespoons vinegar (approximately)
- ☐ 1.8 pounds yukon gold potatoes

Equipment

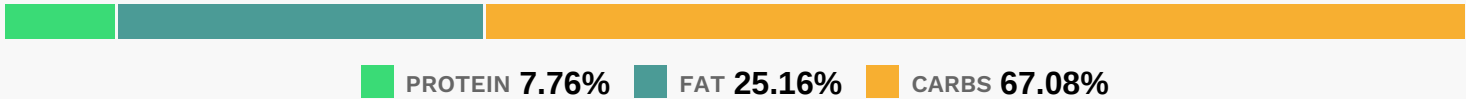
- ☐ paper towels
- ☐ pot
- ☐ mandoline

☐ slotted spoon

Directions

- ☐ Using a mandoline, thinly slice potatoes(just under 1/8" thick).
- ☐ Let soak in a bowl of warm water for 5 minutes.
- ☐ Drain;repeat. Pat potatoes very dry.
- ☐ Meanwhile, pour oil into a large pot to a depth of 1 1/2". Attach a deep-fry thermometer to side of pot; heat oil over medium heat to 320°F.
- ☐ Working in batches of about 20 slices and returning oil to 320°F after each batch, fry potatoes, stirring gently, until they are golden brown and oil stops sizzling, 3–4 minutes. Using a slotted spoon, transfer chips to paper towels to drain. Season each batch generously with salt and 1/4 teaspoon vinegar powder.

Nutrition Facts



Properties

Glycemic Index:16.72, Glycemic Load:12.69, Inflammation Score:-2, Nutrition Score:5.1708695619651%

Flavonoids

Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 101.51kcal (5.08%), Fat: 2.89g (4.45%), Saturated Fat: 0.45g (2.83%), Carbohydrates: 17.34g (5.78%), Net Carbohydrates: 15.15g (5.51%), Sugar: 0.77g (0.86%), Cholesterol: 0mg (0%), Sodium: 199.78mg (8.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4.01%), Vitamin C: 19.55mg (23.69%), Vitamin B6: 0.29mg (14.64%), Potassium: 417.81mg (11.94%), Fiber: 2.18g (8.73%), Manganese: 0.15mg (7.67%), Vitamin K: 7.03µg (6.7%), Magnesium: 22.85mg (5.71%), Phosphorus: 56.64mg (5.66%), Copper: 0.11mg (5.37%), Vitamin B1: 0.08mg (5.29%), Vitamin B3: 1.05mg (5.23%), Iron: 0.78mg (4.32%), Folate: 15.88µg (3.97%), Vitamin B5: 0.29mg (2.94%), Zinc: 0.29mg (1.92%), Vitamin B2: 0.03mg (1.87%), Vitamin E: 0.24mg (1.59%), Calcium: 12.15mg (1.21%)