



Smokey Parmesan Sweet Potato Chips

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



132 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon garlic powder
- ☐ 1 teaspoon ground pepper black
- ☐ 1.5 teaspoons kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese shaved
- ☐ 1 teaspoon paprika smoked
- ☐ 1 large sweet potatoes and into

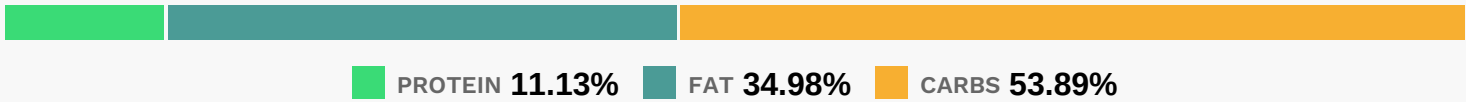
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ peeler

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper.
- ☐ Peel sweet potato with a vegetable peeler and discard skin. Continue using peeler to create thin strips of sweet potato; transfer to a large bowl.
- ☐ Drizzle strips with olive oil; toss to coat.
- ☐ Mix Parmesan cheese, kosher salt, pepper, paprika, and garlic powder into sweet potato strips; toss to coat evenly.
- ☐ Spread coated sweet potato strips evenly onto the prepared baking sheet.
- ☐ Bake in the preheated oven until sweet potato chips are crispy, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:8.58, Inflammation Score:-10, Nutrition Score:9.8030434671951%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 132.45kcal (6.62%), Fat: 5.24g (8.06%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 15.28g (5.56%), Sugar: 3.67g (4.07%), Cholesterol: 4.25mg (1.42%), Sodium: 1019.66mg (44.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Vitamin A: 12356.77IU (247.14%), Manganese: 0.3mg (14.91%), Fiber: 2.88g (11.54%), Calcium: 103.73mg (10.37%), Vitamin B6: 0.2mg (10.09%), Potassium: 314.93mg (9%), Phosphorus: 87.24mg (8.72%), Vitamin B5: 0.73mg (7.31%), Copper: 0.14mg (7.16%), Magnesium:

26.06mg (6.51%), Vitamin E: 0.89mg (5.95%), Vitamin B1: 0.07mg (4.84%), Vitamin K: 4.96µg (4.73%), Vitamin B2: 0.08mg (4.72%), Iron: 0.77mg (4.29%), Zinc: 0.47mg (3.12%), Selenium: 2.06µg (2.95%), Vitamin B3: 0.55mg (2.75%), Folate: 10.29µg (2.57%), Vitamin C: 2.05mg (2.48%), Vitamin B12: 0.08µg (1.25%)