

health-score54%

HEALTH SCORE

Smoky Oven-Baked Potato Chips

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Low Fod Map

READY IN

ready

40 min.

SERVINGS

servings

6

CALORIES

calories

373 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 5.5 pounds russet potatoes scrubbed
- ☐ 0.8 teaspoon salt divided
- ☐ 1 tablespoon paprika smoked

Equipment

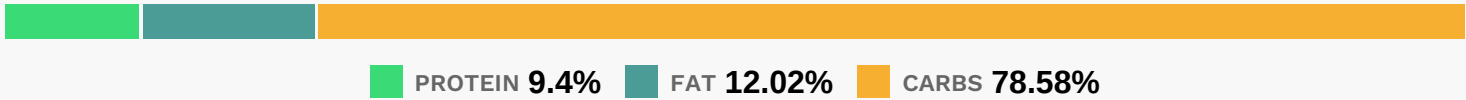
- ☐ bowl
- ☐ baking sheet

- ☐ paper towels
- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 40
- ☐ Using a mandolin slicer or sharp knife, slice potatoes into 1/8-inch-thick rounds. Pat dry on layers of paper towels to absorb as much moisture as possible.
- ☐ Toss potato slices with oil in a large bowl, then toss with smoked paprika, 1/2 teaspoon salt, and pepper; arrange in a single layer on baking sheets.
- ☐ Bake until browned and potato edges lift slightly from baking sheets, 20–25 minutes.
- ☐ Remove from oven and sprinkle with remaining 1/4 teaspoon salt.
- ☐ Cool completely and store in an airtight container for up to 1 day.

Nutrition Facts



Properties

Glycemic Index:21.96, Glycemic Load:59.14, Inflammation Score:-7, Nutrition Score:18.616086887277%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 373.23kcal (18.66%), Fat: 5.15g (7.93%), Saturated Fat: 0.78g (4.86%), Carbohydrates: 75.82g (25.27%), Net Carbohydrates: 69.98g (25.45%), Sugar: 2.7g (3%), Cholesterol: 0mg (0%), Sodium: 312.38mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.07g (18.14%), Vitamin B6: 1.46mg (72.99%), Potassium: 1761.67mg (50.33%), Manganese: 0.68mg (34.14%), Vitamin C: 23.71mg (28.74%), Magnesium: 97.86mg (24.46%), Fiber: 5.83g (23.33%), Phosphorus: 232.48mg (23.25%), Vitamin B1: 0.34mg (22.99%), Vitamin B3: 4.42mg (22.11%), Copper: 0.44mg (21.9%), Iron: 3.86mg (21.44%), Folate: 58.8µg (14.7%), Vitamin B5: 1.28mg (12.82%), Vitamin A: 579.24IU (11.58%), Vitamin K: 11.37µg (10.83%), Vitamin B2: 0.15mg (8.92%), Zinc: 1.26mg (8.39%), Vitamin E: 1.05mg (7.03%), Calcium: 57.32mg (5.73%), Selenium: 1.74µg (2.49%)