



Spiced Up Potato Chips



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons pepper black
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 teaspoons garlic salt
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons paprika
- ☐ 12 servings vegetable oil for frying
- ☐ 5 pounds yukon gold potatoes unpeeled

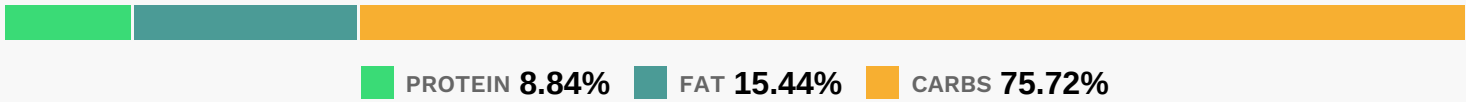
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ kitchen thermometer
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ Scrub the potatoes under water until totally clean. Use a mandolin or Japanese slicer to slice the potatoes as thinly as possible. As you slice them, submerge them in cold water and set aside.
- ☐ Mix together the garlic salt, paprika, black pepper, cayenne and salt in a small bowl and set aside.
- ☐ In 2 heavy Dutch ovens, heat some vegetable oil to 375 degrees F (use a thermometer to keep the temp right!).
- ☐ Lay the potatoes on a baking sheet lined with paper towels, and blot them with more paper towels to dry completely.
- ☐ Lower batches of potatoes into the oil using a spatula. They will fry very quickly, about 1 1/2 minutes; remove with a spatula when they're nice and golden and crisp. Immediately sprinkle on the spice mix. Repeat with the rest of the potatoes!

Nutrition Facts



Properties

Glycemic Index:13.56, Glycemic Load:24.22, Inflammation Score:-5, Nutrition Score:10.110869475033%

Flavonoids

Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 172.19kcal (8.61%), Fat: 3.03g (4.66%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 29.06g (10.57%), Sugar: 1.52g (1.68%), Cholesterol: 0mg (0%), Sodium: 447.67mg (19.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.81%), Vitamin C: 37.27mg (45.17%), Vitamin B6: 0.57mg (28.33%), Potassium: 808.64mg (23.1%), Fiber: 4.37g (17.48%), Manganese: 0.34mg (16.95%), Magnesium: 44.71mg (11.18%), Phosphorus: 109.42mg (10.94%), Copper: 0.21mg (10.57%), Vitamin B1: 0.15mg (10.19%), Vitamin B3: 2.03mg (10.16%), Vitamin K: 9.59µg (9.13%), Iron: 1.58mg (8.8%), Folate: 30.5µg (7.63%), Vitamin B5: 0.57mg (5.72%), Vitamin B2: 0.07mg (3.86%), Zinc: 0.57mg (3.79%), Vitamin A: 187.12IU (3.74%), Calcium: 25.25mg (2.53%), Vitamin E: 0.36mg (2.41%)