



Sweet Potato and Beet Chips with Garlic Rosemary Salt

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



1080 kcal

SIDE DISH

Ingredients

- 2 beets
- 1 garlic clove minced
- 1 teaspoon very rosemary leaves fresh finely minced
- 2 tablespoons salt
- 2 sweet potatoes
- 10 cups vegetable oil

Equipment

- bowl
- baking sheet
- pot
- sieve
- kitchen thermometer
- mandoline
- slotted spoon

Directions

- Watch how to make this recipe.
- Special Equipment: V-slicer or mandoline, deep-fry thermometer
- Wash the vegetables and dry very well. Set aside.
- In a small bowl combine the garlic, rosemary and salt. Set aside.
- Warm the oil in a large pot over high heat to 350 degrees F.
- Meanwhile, trim 1-inch off the end of each sweet potato. Using the V-slicer or mandoline, slice the sweet potatoes into very thin slices, about 1/8-inch thick. Trim 1-inch off the root end of the beets. Using the V-slicer or mandoline slice the beets into very thin slices, about 1/8-inch thick.
- When the oil is hot add about a quarter of the sweet potato slices.
- Let fry until golden and the bubbling has almost completely subsided, about 2 to 3 minutes. Using a mesh sieve or slotted spoon remove the chips to a paper-towel-lined baking sheet.
- Sprinkle with some of the garlic, rosemary, and salt mixture. Continue with the remaining sweet potatoes.
- Transfer to a serving plate.
- Next, fry 1/4 of the beets.
- Let fry until curled at the edges and most of the bubbling has subsided, about 3 to 4 minutes.
- Transfer the beets to another paper-towel-lined baking sheet and sprinkle with salt mixture. Continue with the remaining beets.
- Let cool and transfer to a serving plate.

Nutrition Facts

PROTEIN 0.9% FAT 89.31% CARBS 9.79%

Properties

Glycemic Index:38, Glycemic Load:13.06, Inflammation Score:-10, Nutrition Score:18.198695555977%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 1079.52kcal (53.98%), Fat: 109.13g (167.89%), Saturated Fat: 16.66g (104.1%), Carbohydrates: 26.91g (8.97%), Net Carbohydrates: 22.35g (8.13%), Sugar: 7.5g (8.34%), Cholesterol: 0mg (0%), Sodium: 3582.48mg (155.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Vitamin A: 16045.64IU (320.91%), Vitamin K: 202.58µg (192.93%), Vitamin E: 9.23mg (61.51%), Manganese: 0.45mg (22.41%), Fiber: 4.56g (18.23%), Potassium: 517.95mg (14.8%), Folate: 57.17µg (14.29%), Vitamin B6: 0.27mg (13.65%), Copper: 0.21mg (10.32%), Vitamin B5: 0.97mg (9.72%), Magnesium: 37.98mg (9.5%), Phosphorus: 70.67mg (7.07%), Vitamin B1: 0.1mg (6.82%), Iron: 1.08mg (6.02%), Vitamin C: 4.96mg (6.01%), Vitamin B2: 0.09mg (5.07%), Calcium: 44.06mg (4.41%), Vitamin B3: 0.77mg (3.86%), Zinc: 0.5mg (3.34%), Selenium: 1.08µg (1.54%)