



Vegetable Chips with Blue-Cheese Dip

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 2 beets red yellow medium to large peeled sliced 1, 1
- ☐ 4 ounces cheese blue crumbled
- ☐ 10 servings flour all-purpose for dredging
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.5 cup heavy cream
- ☐ 10 servings kosher salt
- ☐ 10 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 2 scallions finely chopped
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 1 sweet potatoes and into peeled sliced
- ☐ 10 servings vegetable oil for frying

Equipment

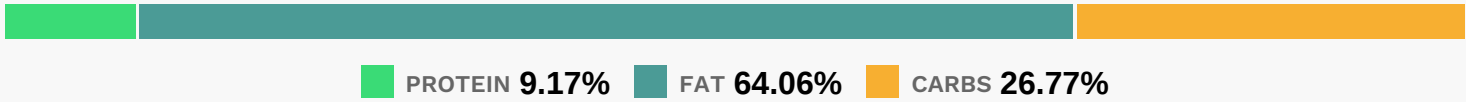
- ☐ baking sheet
- ☐ paper towels
- ☐ wire rack
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Make the dip: Blend the heavy cream in a blender until slightly thickened.
- ☐ Add the sour cream, lemon juice, blue cheese, scallions and garlic powder and pulse to combine. Season with salt and pepper. Cover and chill 2 hours.
- ☐ Heat 1 to 2 inches vegetable oil in a large pot over medium heat until a deep-fry thermometer registers 350 degrees F. Rest a cooling rack on a baking sheet lined with paper towels.
- ☐ Spread some flour in a baking dish, add the beet slices and toss. Tap off the excess flour, then fry the beets in batches (don't overcrowd the pot), stirring occasionally to make sure they don't stick to each other, 3 to 5 minutes, or until the fizzling around the chips slows down.
- ☐ Transfer the chips with a slotted spoon to the rack and season with salt.
- ☐ Let cool at least 5 minutes; the chips will crisp up as they cool. Return the oil to 350 degrees F between batches.
- ☐ Replenish the oil, if necessary, and return to 350 degrees F. Dredge the sweet potato slices in flour and fry in batches, stirring, 2 to 3 minutes.
- ☐ Transfer to the rack, season with salt and let cool.

- ☐
- Serve the chips with the blue-cheese dip.
- ☐
- Photograph by Steve Giralt

Nutrition Facts



Properties

Glycemic Index:26.1, Glycemic Load:7.21, Inflammation Score:-9, Nutrition Score:8.7743476940238%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 205.86kcal (10.29%), Fat: 14.88g (22.89%), Saturated Fat: 7.6g (47.49%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 12.56g (4.57%), Sugar: 3.39g (3.76%), Cholesterol: 35.33mg (11.78%), Sodium: 554.11mg (24.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin A: 3638.53IU (72.77%), Vitamin K: 11.57µg (11.02%), Folate: 42.21µg (10.55%), Calcium: 103.43mg (10.34%), Vitamin B2: 0.16mg (9.63%), Phosphorus: 95.05mg (9.51%), Manganese: 0.17mg (8.69%), Selenium: 5.69µg (8.13%), Vitamin B1: 0.09mg (6.3%), Potassium: 217.75mg (6.22%), Fiber: 1.42g (5.7%), Vitamin B5: 0.55mg (5.49%), Vitamin B6: 0.1mg (4.96%), Magnesium: 17.57mg (4.39%), Iron: 0.73mg (4.06%), Zinc: 0.6mg (3.99%), Vitamin B3: 0.78mg (3.92%), Vitamin C: 3.24mg (3.92%), Vitamin E: 0.54mg (3.61%), Copper: 0.07mg (3.54%), Vitamin B12: 0.2µg (3.42%), Vitamin D: 0.25µg (1.65%)