



Windowpane Potato Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



49 kcal

SIDE DISH

Ingredients



2 medium baking potatoes



0.5 teaspoon salt



1 sprigs herb fresh assorted (such as dill, chives, and sage)

Equipment



frying pan



baking sheet



paper towels



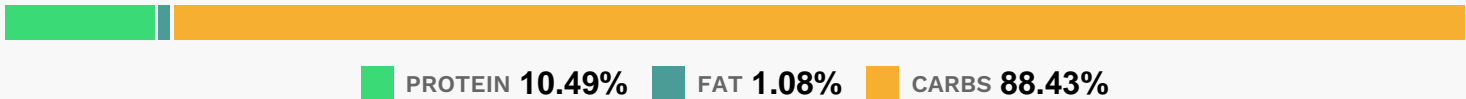
baking paper

- ☐ oven
- ☐ wire rack
- ☐ mandoline

Directions

- ☐ Preheat oven to 40
- ☐ Set mandoline on thinnest slicing setting.
- ☐ Cut each potato lengthwise into 28 slices using mandoline. Arrange potato slices in a single layer on several layers of paper towels; cover with additional paper towels, and press lightly.
- ☐ Let stand 5 minutes.
- ☐ Arrange 14 potato slices in a single layer on each of 2 baking sheets coated with cooking spray.
- ☐ Place a small herb sprig on each potato slice; cover with another potato slice. Press gently to adhere. Coat potato stacks with cooking spray.
- ☐ Sprinkle evenly with salt. Working with one sheet at a time, cover potato stacks with parchment paper.
- ☐ Place an empty baking sheet on top of parchment paper; set a cast-iron or heavy ovenproof skillet on second baking sheet.
- ☐ Bake at 400 for 25 minutes.
- ☐ Remove skillet.
- ☐ Remove baking sheets from oven; remove top baking sheet and parchment paper.
- ☐ Remove browned potato chips from pan; place on a wire rack. Turn any unbrowned potato chips over on sheet. Replace parchment paper and top baking sheet; return pan to oven. Replace skillet on top of baking sheet.
- ☐ Bake 5 minutes or until browned. Cool chips on wire racks. Repeat procedure with remaining potatoes. Store chips in an airtight container up to 2 days.

Nutrition Facts



Properties

Glycemic Index:12.82, Glycemic Load:8.65, Inflammation Score:-1, Nutrition Score:2.7513043459343%

Nutrients (% of daily need)

Calories: 48.83kcal (2.44%), Fat: 0.06g (0.09%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 10.28g (3.74%), Sugar: 0.39g (0.43%), Cholesterol: 0mg (0%), Sodium: 169.22mg (7.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin B6: 0.21mg (10.65%), Potassium: 257.41mg (7.35%), Manganese: 0.11mg (5.51%), Vitamin C: 3.48mg (4.21%), Magnesium: 14.77mg (3.69%), Fiber: 0.91g (3.65%), Iron: 0.63mg (3.5%), Phosphorus: 33.89mg (3.39%), Vitamin B1: 0.05mg (3.36%), Copper: 0.06mg (3.23%), Vitamin B3: 0.64mg (3.22%), Vitamin K: 2.87µg (2.73%), Folate: 9.2µg (2.3%), Vitamin B5: 0.19mg (1.86%), Vitamin B2: 0.02mg (1.27%), Calcium: 12.58mg (1.26%), Zinc: 0.18mg (1.23%)