



## Yukon Gold Potato Chips with White Anchovy



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



69 kcal

SIDE DISH

### Ingredients

- ☐ 6 anchovies white dry with paper towels
- ☐ 2 tablespoons olive oil
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 large yukon gold potatoes all-purpose

### Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ baking paper

- ☐ oven
- ☐ knife
- ☐ spatula
- ☐ slotted spoon

## Directions

- ☐ Preheat the oven to 350°F (see Note). Line a baking sheet with a silicone baking mat or parchment paper. Have ready an identical baking sheet and another silicone mat or piece of parchment.
- ☐ Peel the potato. Use a Japanese mandolin or a very sharp knife to cut the potato lengthwise into paper-thin slices.
- ☐ Choose 6 of the largest slices that are most similar in shape. With a sharp paring knife, make 3 small slits in a row in the center of each slice, so that an anchovy can be threaded through along the length.
- ☐ Thread an anchovy fillet through the slits of one slice. Repeat with the remaining anchovies and potato slices.
- ☐ Brush both sides of the chips with olive oil and season to taste with salt and pepper.
- ☐ Arrange the slices on the prepared baking sheet and cover with the second silicone mat or piece of parchment . Top with the second baking sheet and put the sandwiched assembly in the oven.
- ☐ Bake for 10 to 15 minutes or until the chips are golden brown.
- ☐ To serve, season the hot chips with salt and pepper and place each chip on a small plate.
- ☐ If you prefer, deep-fry the chips in canola oil heated to 375°F. Fry the chips until golden brown. Lift from the hot oil with a slotted spoon or spider and drain on paper towels. Season with salt and pepper and serve hot.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ He has also been nominated four times for the James Beard Award for Best Chef in the Midwest, winning the award in 200
- ☐ Tru, which opened its doors in May 1999, was nominated for the 2000 James Beard Award for Best New Restaurant and named one of the Top 50 Best Restaurants in the World by Condé Nast Traveler. Tramonto is the coauthor, with his partner Gale Gand, of American Brasseries

and Butter Sugar Flour Eggs. Mary Goodbody is a nationally known food writer and editor who has worked on more than forty-five books. Her most recent credits include Williams-Sonoma Kitchen Companion, The Garden Entertaining Cookbook, and Back to the Table. She is the editor of the IACP Food Forum Quarterly, was the first editor in chief of Cooks magazine, and is a senior contributing editor for Choc-olatier magazine and Pastry Art & Design magazine. Tim Turner is a nationally acclaimed food and tabletop photographer. He is a two-time James Beard Award winner for Best Food Photography, winning most recently in 200

☐ His previous projects include Charlie Trotters Recipes, Charlie Trotter's Meat and Game, The Inn at Little Washington, Norman's New World Cuisine (by Norman Van Aken), Jacques Pepin's Kitchen, and American Brasserie.

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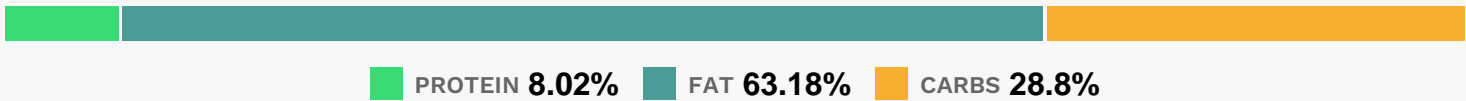
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Nutrition Facts



Properties

Glycemic Index:19.29, Glycemic Load:3.64, Inflammation Score:-1, Nutrition Score:2.2343478240073%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 68.56kcal (3.43%), Fat: 4.89g (7.52%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 4.37g (1.59%), Sugar: 0.22g (0.25%), Cholesterol: 2.4mg (0.8%), Sodium: 5.97mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.79%), Vitamin C: 5.58mg (6.77%), Vitamin E: 0.7mg (4.66%), Vitamin B6: 0.09mg (4.48%), Vitamin B3: 0.86mg (4.3%), Potassium: 135.98mg (3.89%), Vitamin K: 3.52µg (3.35%), Manganese: 0.06mg (2.95%), Fiber: 0.65g (2.59%), Phosphorus: 23.27mg (2.33%), Selenium: 1.55µg (2.21%), Iron: 0.39mg (2.15%), Magnesium: 8.33mg (2.08%), Copper: 0.04mg (2.02%), Vitamin B1: 0.03mg (1.66%), Folate: 4.91µg (1.23%), Vitamin B2: 0.02mg (1.15%), Vitamin B5: 0.11mg (1.11%), Zinc: 0.15mg (1.01%)