



Zucchini Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



130 min.

SERVINGS



2

CALORIES



151 kcal

SIDE DISH

Ingredients



1 teaspoon kosher salt to taste



2 tablespoons olive oil



1 large zucchini thinly sliced into rounds

Equipment



baking sheet



paper towels



baking paper

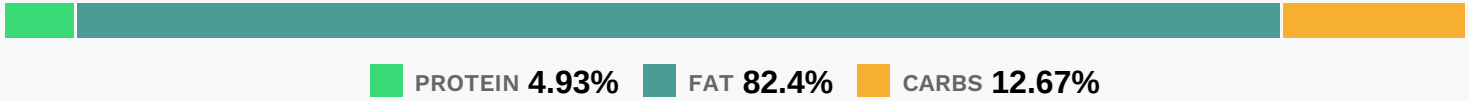


oven

Directions

- ☐ Preheat oven to 225 degrees F (110 degrees C). Line 2 large baking sheets with parchment paper or silicone baking mats.
- ☐ Place zucchini slices in a single layer on paper towels, cover slices with more paper towels, and gently press to squeeze out as much liquid as possible. Arrange zucchini slices onto the prepared baking sheets, taking care not to overlap slices.
- ☐ Brush zucchini slices with olive oil and sprinkle lightly with kosher salt.
- ☐ Bake zucchini slices in the preheated oven until browned and crisp, about 2 hours.
- ☐ Let cool before serving. Store in an airtight container up to 3 days.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.51, Inflammation Score:-5, Nutrition Score:7.6317391693592%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 151.21kcal (7.56%), Fat: 14.52g (22.33%), Saturated Fat: 2.07g (12.92%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 3.41g (1.24%), Sugar: 4.04g (4.49%), Cholesterol: 0mg (0%), Sodium: 1175.94mg (51.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.91%), Vitamin C: 28.91mg (35.04%), Vitamin E: 2.21mg (14.73%), Vitamin K: 15.37µg (14.64%), Manganese: 0.29mg (14.44%), Vitamin B6: 0.26mg (13.16%), Potassium: 421.89mg (12.05%), Folate: 38.76µg (9.69%), Vitamin B2: 0.15mg (8.93%), Magnesium: 29.1mg (7.28%), Vitamin A: 323IU (6.46%), Fiber: 1.62g (6.46%), Phosphorus: 61.37mg (6.14%), Vitamin B1: 0.07mg (4.84%), Copper: 0.09mg (4.32%), Iron: 0.69mg (3.81%), Vitamin B3: 0.73mg (3.64%), Zinc: 0.52mg (3.47%), Vitamin B5: 0.33mg (3.29%), Calcium: 26.7mg (2.67%)