

Sweet Potato Chips

Number of Servings: 6 (101.53 g per serving)

Preparation Time: 45 minutes

Cook Time: 20 minutes

Cook Temperature: 375

Pan Size:

Cook Method: Baking

Amount	Measure	Ingredient	Comments
4.00	ea	Sweet Potatoes, dark orange, fresh, 5"	
1.00	tsp	Salt, table	
3.00	Tbs	Herb, thyme, fresh	
3.00	Tbs	Herb, oregano, fresh, INTL	
1.00	tsp	Spice, pepper, black, ground	
1/4	cup	Oil, olive, extra virgin	

Instructions

Chop herbs finely and mix with salt and pepper in small bowl.

Slice Sweet potatoes thinly (preferably with a Mandolin on a thin setting). Coat a large sheet pan with olive oil. Lay sweet potatoes on coated pan (do not layer the sweet potatoes onto each other unless you don't mind less crispy chips). Sprinkle half of herb mixture on top of sweet potatoes. Bake 10 minutes. Check chips and turn pan or chips for even baking if needed. Sprinkle the rest of herb mixture on top. Bake another 10 minutes or until crispy. Enjoy!

Nutrient Analysis

Nutrient	Value	Nutrient	Value
Gram Weight (g)	101.53	Vitamin B3 (mg)	0.50
Calories (kcal)	158.89	Vitamin B3 - Niacin Equiv (mg)	0.98
Calories from Fat (kcal)	81.19	Vitamin B6 (mg)	0.19
Calories from SatFat (kcal)	12.19	Vitamin B12 (mcg)	0
Protein (g)	1.54	Biotin (mcg)	
Carbohydrates (g)	18.25	Vitamin C (mg)	5.35
Dietary Fiber (g)	2.85	Vitamin D - IU (IU)	0
Soluble Fiber (g)	0	Vitamin D - mcg (mcg)	0
Total Sugars (g)	3.62	Vitamin E - Alpha-Toco (mg)	0.23
Monosaccharides (g)	1.44	Folate (mcg)	10.07
Disaccharides (g)	2.18	Folate, DFE (mcg)	10.07
Other Carbs (g)	11.21	Vitamin K (mcg)	1.56
Fat (g)	9.47	Pantothenic Acid (mg)	0.70
Saturated Fat (g)	1.35	Calcium (mg)	41.70
Mono Fat (g)	6.67	Chromium (mcg)	0.01
Poly Fat (g)	1.35	Copper (mg)	0.14
Trans Fatty Acid (g)	0	Fluoride (mg)	0.00
Cholesterol (mg)	0	Iodine (mcg)	
Water (g)	70.25	Iron (mg)	0.77
Vitamin A - IU (IU)	12396.45	Magnesium (mg)	25.19
Vitamin A - RAE (RAE)	619.82	Manganese (mg)	0.25
Carotenoid RE (RE)	1239.64	Molybdenum (mcg)	4.33
Retinol RE (RE)	0	Phosphorus (mg)	43.18
Beta-Carotene (mcg)	7435.10	Potassium (mg)	309.35
Vitamin B1 (mg)	0.07	Selenium (mcg)	0.52
Vitamin B2 (mg)	0.06	Sodium (mg)	435.48

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<u>Nutrient</u>	<u>Value</u>
Zinc (mg)	0.31
Omega 3 Fatty Acid (g)	0.01
Omega 6 Fatty Acid (g)	0.01
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	10.66

<u>Nutrient</u>	<u>Value</u>
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