



January 18- Potato Chips

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=181157>

Recipe

Ingredients:

- 1 medium potato
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon olive oil

Directions:

1. Preheat oven to 350°F.
2. Thinly slice potatoes, no more than 1/8 inch thick. Blot sliced potatoes dry on paper towels.
3. Combine potatoes, oil, salt and pepper in bowl and mix until potatoes each potato is covered with mixture.
4. Spray two baking sheets with baking spray. Arrange potato slices in a single layer. Bake for 15-20 minutes.

Yield 4 servings (10 chips per serving)

Nutrition Facts

Serving Size 10 items (39.9g)
Servings Per Container 4

Amount Per Serving

Calories 40 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 290mg **12%**

Total Carbohydrate 7g **2%**

Dietary Fiber <1g **3%**

Sugars 0g

Protein <1g

Vitamin A 0% • Vitamin C 10%

Calcium 0% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.