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Chips [♦]

Chips are a popular snack food that is typically made from potatoes. They are thinly sliced, fried, and seasoned to create a crispy and flavorful snack. Chips can be enjoyed on their own or paired with dips and sauces. They are a favorite snack for parties, movie nights, and casual gatherings.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

500 g	potatoes
500 ml	vegetable oil
10 g	salt

Directions

Step 1

Preparation

Wash and peel the potatoes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Slice the potatoes into thin rounds or strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

Heat vegetable oil in a deep fryer or large pot.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Frying

Fry the potato slices in batches until golden brown and crispy.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Draining

Remove the chips from the oil and drain on paper towels.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Sprinkling

Sprinkle salt over the hot chips and toss to evenly coat.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 536 kcal

Fat: 35 g

Protein: 6 g

Carbohydrates: 52 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	52 g	94.55%	104%
Fibers	7 g	18.42%	28%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	15 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	4 g	18.18%	23.53%
Fat	35 g	125%	140%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	45 mg	50%	60%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	1500 mg	44.12%	57.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	6 mg	54.55%	75%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Picnic

Course

Snacks

Appetizers

Drinks

Breads

Salads

Sauces & Dressings

Demographics

Pregnancy Safe

Diet

Lacto-Vegetarian Diet

Meal Type

Breakfast

Snack

Supper

Nutritional Content

Low Sodium

Kitchen Tools

Pressure Cooker

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

Difficulty Level

Easy

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