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Chips without Salsa · ·

A recipe for making chips without salsa. These crispy and flavorful chips are perfect for snacking or as a side dish. They can be enjoyed on their own or paired with your favorite dip.

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
250 ml	vegetable oil
2 tsp	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, even slices.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Frying

Heat vegetable oil in a deep pan or fryer.

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 a paper towel.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Seasoning

Season the chips with salt to taste.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 536 kcal

Fat: 36 g

Protein: 5 g

Carbohydrates: 49 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	49 g	89.09%	98%
Fibers	6 g	15.79%	24%
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	20 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	3 g	13.64%	17.65%
Fat	36 g	128.57%	144%
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	20 mg	133.33%	133.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1160 mg	50.43%	50.43%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	1190 mg	35%	45.77%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	10 mg	90.91%	125%
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Cooking Method

Boiling

Blanching

Blending

Simmering

Serving

Cooking

None

Stir-frying

Preheating

Cooling

Oven

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Meal Type

Snack

Supper

Difficulty Level

Medium

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