



Chipotle Lime Plantain Chips

This is a crunchy snack that's a great alternative for potato chips. Substitute any seasonings you like.

<u>U.S.</u>		<u>Metric</u>
1 each	Plantain, underripe	1 each
2 tsp	Olive or Canola Oil	10 mL
1/8 tsp	Salt	0.75g
1/8 tsp	Chipotle Pepper, powder	0.75g
1 each	Lime, zested	1 each

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 400° F (200°C).
3. Slice across plantain as thinly as possible. A mandoline works best if available.
4. Toss plantains with remaining ingredients in a medium bowl to evenly coat. Place on a parchment lined tray and bake in oven until crispy, turning once, about 20 minutes.
5. Enjoy immediately or place in a storage container at room temperature to enjoy later.

Nutrition Facts

2 Servings

Serving size **2**

Amount per serving

Calories **150**

Calories from Fat 45

Total Fat 5 g

 Saturated Fat 0.5 g

 Trans Fat 0 g

 Monounsaturated Fat 3.5 g

Cholesterol 0 mg

Sodium 125 mg

Total Carbohydrate 29 g

 Dietary Fiber 2 g

 Total Sugars 13 g

 Includes 0g Added Sugars

Protein 1 g

Vitamin D 0 %

Calcium 0 %

Iron 4 %

Potassium 445 mg

Phosphorus 30 mg
