

# SWEET POTATO CHIPS

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## Ingredients:

1 sweet potato  
1 TBSP olive oil

## Per Serving:

**Calories:** 115  
**Fat:** 7g  
**Omega-3:** 52mg  
**Cholesterol:** 0mg  
**Sodium:** 36mg  
**Carbohydrates:** 13g  
**Fiber:** 2g  
**Sugar:** 3g  
**Protein:** 1g  
**Vitamin A:** 185%  
**Vitamin C:** 3%  
**Calcium:** 2%  
**Iron:** 3%  
**Magnesium:** 4%  
**Zinc:** 2%

## Nutrition Notes:

Add in a sprinkling of cinnamon for a dash of phytonutrition! You can also swap the olive oil out for egg whites as a protein-rich option.

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## Preparation:

Slice 1 sweet potato into bite-size chips or fries, coat with 1 TBSP olive oil, and bake at 450° or until the chips begin to brown and turn slightly crisp (about 10-15 minutes).

