

# Baked Veggie Chips

## Ingredients:

- 1 medium golden beetroot
- 1 medium beetroot
- 1 medium zucchini
- 1 large carrot
- 1 small sweet potato
- 1 small rutabaga or turnip
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper
- 1 spritz oil

## Directions

1. Preheat the oven to 400 °F.
2. Slice all the vegetables into uniformly thin slices with a knife or mandolin. In a bowl, toss them with the oil, salt, and pepper until evenly coated.
3. Spread vegetables on a baking pan lined with parchment paper, minimizing overlap. Bake for 10 minutes at 400 °F. Flip and bake for another 5 – 10 minutes until crispy and slightly brown but not burnt. Watch them carefully and even remove some early if they are browning before the others.
4. Remove from the oven and allow to cool for a few minutes before eating.

## Nutrition Facts

Serving Size (208g)  
Servings Per Container 4

Amount Per Serving

**Calories 90**      **Calories from Fat 15**

**% Daily Value\***

**Total Fat 1.5g**      **2%**

**Saturated Fat 0g**      **0%**

**Trans Fat 0g**

**Cholesterol 0mg**      **0%**

**Sodium 190mg**      **8%**

**Total Carbohydrate 18g**      **6%**

**Dietary Fiber 4g**      **16%**

**Sugars 9g**

**Protein 3g**

**Vitamin A 180%**      • **Vitamin C 50%**

**Calcium 4%**      • **Iron 4%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

