

## Baked Plantain Chips

### Ingredients:

2 medium plantains

3/4 Tbs olive oil

1/8 tsp salt



### Nutrition Facts

4 servings per container

**Serving size** 1/4 cup

Amount per serving

**Calories** 130

% Daily Value\*

**Total Fat** 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 65mg 3%

**Total Carbohydrate** 29g 11%

Dietary Fiber 2g 7%

Total Sugars 16g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.5mg 2%

Potassium 440mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



\*GLUTEN-FREE



\*SOY FREE



\*VEGAN

### Directions:

1. Preheat oven to 350 F.
2. Peel the plantains and slice into thin coin shaped pieces.
3. Add plantain slices to a bowl and toss in the oil.
4. Line a baking tray with parchment paper and place the plantain slices on the tray in a single layer.
5. Sprinkle with salt and bake for 15-20 minutes, or until golden at the edges.
6. Serve.