



A Nutrition Resource

BAKED ZUCCHINI CHIPS

Yield: 6 Servings

Cost/Serving: \$0.52

Ingredients:

- 3 small zucchinis, thinly sliced
- 2 tbsp extra virgin olive oil
- Salt and pepper to taste

Directions:

1. Preheat oven to 300 °F. Lightly mist one baking sheet with cooking spray.
2. Slice zucchini into 1/8-1/4-inch-thick rounds. Toss zucchini with olive oil to coat evenly and spread zucchini on baking sheet in a single layer. Sprinkle on salt and pepper.
3. Bake zucchini rounds until browned and crisp, about 25 to 30 minutes, flipping each over halfway through.
4. Check the chips often as cooking times may vary. Rotate the chips around the baking sheet if needed.
5. Once crisp and browned, let cool and store at room temperature. Enjoy the same day for best crunch!

Nutrition Facts	
6 servings per container	
Serving size	(0.0g)
Amount Per Serving	
Calories	40
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 30mg	0%

* The % Daily Value (DV) 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.

Source: MT Harvest of the Month and Skinny Mom Blog

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