

Crispy Peels

CommunityTable.com

Yield: 2 cups

3 sweet potatoes
3 russet potatoes
2 tablespoons olive oil
1 teaspoon chili powder
salt
pepper
shredded cheese (for garnish)
(optional)
sour cream (for garnish) (optional)
hot sauce (for garnish) (optional)
green onion (for garnish) (optional)

Preheat the oven to 400 degrees.

Coat a large, rimmed baking sheet with cooking spray.

Peel all of the potatoes in strips. Place the peelings in a bowl. Reserve the potatoes for another use.

Add the olive oil, chili powder, salt and pepper to the bowl. Toss well.

Spread the peelings in an even layer on the baking sheet..

Roast for 15 to 18 minutes until browned and crispy, stirring halfway through.

Place on a serving platter. Top with cheese, sour cream, hot sauce or green onions, if desired.

Per Serving (excluding unknown items): 834 Calories; 29g Fat (30.5% calories from fat); 11g Protein; 136g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 89mg Sodium. Exchanges: 9 Grain(Starch); 5 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	834	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	30.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	64.2%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	5.3%	Riboflavin B2 (mg):	.6mg

Total Fat (g): 29g
Saturated Fat (g): 4g
Monounsaturated Fat (g): 20g
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 0mg
Carbohydrate (g): 136g
Dietary Fiber (g): 16g
Protein (g): 11g
Sodium (mg): 89mg
Potassium (mg): 2065mg
Calcium (mg): 109mg
Iron (mg): 4mg
Zinc (mg): 2mg
Vitamin C (mg): 134mg
Vitamin A (i.u.): 79119IU
Vitamin A (r.e.): 7910 1/2RE

Folacin (mcg): 85mcg
Niacin (mg): 6mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 9
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 5 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 834 **Calories from Fat:** 254

% Daily Values*

Total Fat	29g	44%
Saturated Fat	4g	20%
Cholesterol	0mg	0%
Sodium	89mg	4%
Total Carbohydrates	136g	45%
Dietary Fiber	16g	65%
Protein	11g	
Vitamin A		1582%
Vitamin C		224%
Calcium		11%
Iron		25%

* Percent Daily Values are based on a 2000 calorie diet.