

APPLE CHIPS- From Tami Ellis



INGREDIENTS:

2 of your favorite apples

2 Tablespoons powdered sugar, sifted (use less if not a sugar fan.)

2 teaspoons cinnamon

Directions:

Preheat oven to 225 degrees

Wash apples. Slice THIN (1/16 inch...like a potato chip) . Using a Mandolin for slicing is the best solution.

Remove seeds from slices. Ok to leave star shape in center.

Line 1 cookie sheet with parchment paper.

Put sugar and cinnamon in big bowl, mix. Sprinkle the apples with mix. Place sliced apples on parchment paper. One layer.

If any more sugar, cinnamon mix, may sift over the apples in the pan.

Bake for 1 hour, turn apples over/flip and bake another hour. (watch apples for crispiness at half hour and every 15 minutes)

Test for crispiness. Let cool for 5 minutes. Test for crispiness (snap and crunch much like a potato chip). If not crisp, return to oven for 15 minute intervals till crispy.

If cut too thick, crisp is hard to get without burning.

Let cool when done. Place in air tight containers.

Nutrition Facts	
servings per container	
Serving size	(119g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 19g	
Includes 7g Added Sugars	14%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 0mg	0%
Potassium 128mg	2%
<small>*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.</small>	

Multi Column: Apple Chips

Multi-Column

Nutrients Per Serving

Basic Components

Gram Weight (g) 119.10

Calories (kcal) 93.10

Calories from Fat (kcal) 1.96

Calories from SatFat (kcal) 0.36

Protein (g) 0.39

Carbohydrates (g) 24.65

Total Dietary Fiber (g) 4.00

Total Soluble Fiber (g)	0.26
Dietary Fiber (2016) (g)	4.00
Soluble Fiber (2016) (g)	0.26
Total Sugars (g)	18.63
Added Sugar (g)	7.25
Monosaccharides (g)	9.13
Disaccharides (g)	2.25
Other Carbs (g)	2.02
Fat (g)	0.22
Saturated Fat (g)	0.04
Mono Fat (g)	0.01
Poly Fat (g)	0.06
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	93.54
Vitamins	
Vitamin A - IU (IU)	66.53
Vitamin A - RAE (mcg)	3.33
Carotenoid RE (mcg)	6.65
Retinol RE (mcg)	0
Beta-Carotene (mcg)	32.34
Vitamin B1 - Thiamin (mg)	0.02
Vitamin B2 - Riboflavin (mg)	0.03
Vitamin B3 - Niacin (mg)	0.13
Vitamin B3 - Niacin Equiv (mg)	0.17
Vitamin B6 (mg)	0.05
Vitamin B12 (mcg)	0
Biotin (mcg)	1.36
Vitamin C (mg)	5.11

Vitamin D - IU (IU) 0

Vitamin D - mcg (mcg) 0

Vitamin E - Alpha-Toco (mg) 0.26

Folate (mcg) 3.43

Folate, DFE (mcg DFE) 3.43

Vitamin K (mcg) 3.21

Pantothenic Acid (mg) 0.08

Minerals

Calcium (mg) 32.59

Chromium (mcg) 1.01

Copper (mg) 0.04

Fluoride (mg) 0.00

Iodine (mcg) --

Iron (mg) 0.35

Magnesium (mg) 7.01

Manganese (mg) 0.49

Molybdenum (mcg) --

Phosphorus (mg) 13.65

Potassium (mg) 127.84

Selenium (mcg) 0.08

Sodium (mg) 1.35

Zinc (mg) 0.09

Poly Fats

Omega 3 Fatty Acid (g) 0.01

Omega 6 Fatty Acid (g) 0.05

Other Nutrients

Alcohol (g) 0

Caffeine (mg) 0

Choline (mg) 3.99

