

Carrot Chips or Fries



2 Ingredients, 4 Servings, 10 Minutes Total Time

10 carrots
2 cups oil*

Instructions

- Cut carrots into thin sticks or disks or curls, however you would like to present them!
- Deep fry in appropriate oil until brown around the edges.
- Remove and place on a paper towel to absorb excess oil.
- Salt to taste.
- They will be soggy when they first come out, but will firm up as they cool.

Warnings

****OIL*:** SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

Nutritional Information (per serving)

Calories	1,026
Total Fat	104g
Saturated Fat	11g
Cholesterol	--
Sodium	105mg
Total Carbohydrate	15g
Dietary Fibre	4g
Sugars	7g
Protein	1g
Calcium	50mg
Iron	--

Magnesium	18mg
Phosphorus	53mg
Potassium	488mg
Vitamin C	9mg
Thiamine	--
Riboflavin	--
Vitamin B6	--
Vitamin E	32mg