

# Jicama Chips



Serves 4

Ingredients:

- 1 medium jicama
- Oil for deep frying

Instructions:

1. Peel the jicama and cut into quarters. Cut each quarter into thin slices.
2. Fry in hot oil until crisp and add salt while still hot.



Nutrition per serving: Calories 155; Total Fat 13.7 g; Saturated Fat 2.2 g; Monounsaturated Fat 3.1 g; Polyunsaturated Fat: 7.9 g; Total Carbohydrates 8.0 g; Dietary Fiber 4.5 g; Sugar Alcohols 0.0 g; Sugars 1.6 g; Protein 0.7 g; Sodium 42 mg