

# How To Make Microwave Potato Chips

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-potato-in-the-microwave-recipes>

## Ingredients:

- 1 potatoes or more, or other root vegetable, scrubbed clean
- salt and other seasonings, optional
- olive oil optional

## Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 8 grams
3. Fat: 4.5 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 180 milligrams

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