

Chinese Salt and Pepper Chips

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-salt-and-pepper-chips-recipe-uk>

Ingredients:

- 1 2/3 cups chips Use any frozen or fresh chips, about 8.8 oz
- 1/2 onion Cut in slices Large sweet or white onion
- 1/2 bell pepper Cut in slices
- 1 red chilli Cut in slices Optional
- 2 cloves garlic Fine chopped
- 1/2 teaspoon chilli flakes Crushed, Optional
- seasoning Powder Mix
- 1/2 teaspoon salt Use fine salt
- 1/2 teaspoon white pepper powder, Or black pepper powder
- 1/2 teaspoon spices Chinese five, powder, See details in note
- 1/2 teaspoon chicken Powder Optional, see details in note

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 41 grams
3. Fat: 27 grams
4. Fiber: 4 grams
5. Protein: 6 grams
6. SaturatedFat: 3 grams
7. Sodium: 690 milligrams
8. Sugar: 1 grams

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