

# Healthy Organic Broccoli Chips

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/organic-india-whole-husk-psyllium-recipe>

## Ingredients:

- 2 cups broccoli organic, stalks, sliced, washed and completely dried
- 1 teaspoon coconut oil melted
- pepper
- Himalayan salt

## Nutrition:

1. Calories: 30 calories
2. Carbohydrate: 5 grams
3. Fat: 1 grams
4. Fiber: 2 grams
5. Protein: 2 grams
6. SaturatedFat: 1 grams
7. Sodium: 15 milligrams
8. Sugar: 1 grams

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