DietCloud – Recipe

Recipe Name: Savoury Baked Arbi Chips Recipe

Diet Type:

Course: Snack

Cuisine: Indian

Quantity:



Ingredients

Ingredient	Quantity
• 6 Colocasia root (Arbi) - thinly sliced • 1 tablespoon Extra Virgin Olive Oil - to toss • Salt - to taste • Black pepper powder - to taste • Amchur (Dry Mango Powder) - to taste (optional)	4

Preparation

• To begin making Savoury Baked Arbi Chips Recipe, pre heat oven at 400 F / 200 deg CMeanwhile wash, peel and thinly slice taro roots/arbi using a mandolin slicer.

• Rub this mixture into taro slices and toss well so that the spices and oil is coated on the arbi slices.

• Line a baking tray with a greased parchment paper.

• Take care that they do not overlap.

• Take them out, toss and again place the baking tray in oven and bake at 160 deg centigrade for 4-5 minutes or ill crisp.

• Closely monitor the oven after a few minutes since each oven has different temperatures.

• Bake accordingly.

• Keep monitoring the recipe closely and bake accordingly.

• Crispy crunchy arbi chips ready to munch.

Macronutrients

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Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)