

# nutritious junk

Reviewing healthy food that won't end up on your hips,  
posting tasty recipes & identifying calorie catastrophes to avoid!

## salt & pepper popchips!

by hungry waif – May 9th, 2008



Its strange but I was never much of a potato chip or popcorn eater. For salty, carbby snacks, I lean towards pretzels and tortilla chips. So when the lovely people at **popchips** (they are lovely because they provided me with plenty of samples!) sent me over their new **salt and pepper popchip**, I was having my doubts. And salt and

pepper? On a potato-esque chip? Kinda of a kooky idea, but in culinary school, nearly everything has salt and pepper (except desserts, where in that case, sadly everything has sugar). 1 bag of their 1 oz bags (providing 20 chips) is 120 calorie, 4 g fat (none saturated), 20 g carbs, 1 g fiber, 1 g sugar, and 1 g protein. For chips, this is pretty decent. This is healthy food but it low in fat not, not too carb heavy, and decent sodium (260 mg) which can be up to 1000mg in some brands. I shouldn't have doubted it because these don't taste like pocorn or potato chips, more like an airy cracker. I love the salt and pepper flavor too. The pepper gives it a bit of a bite so its not your humdrum chip. Made salt and peppa (you know, the "push it" girls) should contact popchips for some sort of deal. On a side note, I took a strength training class once and "push it" played while we where doing squats. Now I get sore just thinking about that song. Anyhow, back to **popchips**, grade: A-: good flavor and decent nutrition for a "potato-like" chip. And no, I am not being biased cause they were kind enough to send me all these sample, I did review the original version a while back and its kinda plain, but this new flavor is worth trying!

