



Healthy Recipe Doctor

From low fat recipes, to recipes designed for diabetics, Elaine Magee RD, MPH shares recipes and advice to create healthy meals that are guaranteed to please.

Tuesday, May 20, 2008

Taste Test Tuesday: Popchips Barbecue Potato Chips

Sometimes you just want a handful of potato chips, am I wrong? Listen, I'm not a big "chip" person. I have no problems passing up chips at parties or at delis. But every now and then you just want a handful of chips. Maybe it's a flashback from my youth or something.

Anyway, I NEVER buy the regular fat chips (they are just too greasy to me); so I'm always looking for a lighter chip that satisfies the chip craving (whenever it strikes). There's a new chip in town. They aren't fried and they aren't baked. They're...well...popped! This "popping" apparently takes place with some heat and pressure applied to potato slices.

The main 3 ingredients for the barbecue flavor chips are:

- Natural potato ingredients (potato flour, potato starch)

- Safflower oil and/or sunflower oil

- Barbecue seasoning (sugar, whey, onion and garlic powders, salt, torula yeast, brown sugar, tomato powder, yeast extract, spices, etc...)

Each ounce of chips (a perfect serving size) contains:

- 120 calories,

- 4.5 grams fat,

- 0 g saturated fat and trans fat

- 0 mg cholesterol

- 20 g carbohydrate

- 1 g fiber

- 1 g protein

- 280 mg sodium

How did they taste? REALLY good. I loved the barbecue flavor (not too powerful but full of flavor) and I loved the texture (crispy but not greasy).

These "POPPED" chips come in a few more flavors too, original, salt & pepper, and salt & vinegar, and parmesan garlic.