# Fried Potato Chips VS Baked Potato Chips

Health, is one most considerable issue when people buy food and snacks. Oil content, calory and nutrition are the first three on nutrition table. Potato chips manufacturers invent low-fat potato chips especially for girls who are on diet. Do baked potato chips have lower oil and calory? Here Amisy introduce some tips to distinguish fried potato chips and baked potato chips.

Most consumers associate the word “baked” with “healthy” and regard baked potato chips healthier than fried potato chips. This is because generally baked potato chips do not contain nearly as much fat or as many calories as the fried version. Never judge people by their appearance, so as the baked potato chips.

## Making Methods

### 1. Fried potato chips

The general processing method for fried potato chips is washing and peeling → slicing → blanching and dehydration → frying → de-oiling → flavoring → packaging.

★ Frying time: 6 minutes

★ Frying temperature: 180℃

★ Blanching time: 7-15 minutes

★ Blanching temperature: 70℃

**2. Baked potato chips**

For baked potato chips, the processing is washing and peeling → slicing → blanching and dehydration → baking → flavoring → packaging.

★ Baking time: 2-3minutes

★ Baking temperature: 180℃

★ Blanching time: 7-15 minutes

★ Blanching temperature: 70℃

**Oil and Fat Content**

Only from the literal, fresh fried potato chips have much more oil and fat due the direct frying, while to baked potato chips, they seem much healthier because of non-fried cook. That's why more and more potato chips manufacturers preach their so-called healthy baked non-fried potato chips.

While are baked potato chips really healthy and oil less? It's do have no oil in cook process--potato slices are baked. Compared with fatty deep fry, bake is the more healthy way to cook food. Can it be traced that baked potato chips are fatless and suitable for girls on diet? What we can not ignore is that oil are added when baked potato slices are flavored with sources. Dry baked potatoes are hard to stick source so oil are added as adhesive.

Taking Lay's fried potato chips and baked potato chips as an example, calory serving 30g is 8% and fat is 16% in fried potato chips. In baked potato chips, calory takes 13% and fat 22% serving 52g. When converted in same unit, it can be found that oil and fat content are no different in both fired and baked potato chips.

**Ingredients**

Here we also take Lay's fried potato chips and baked potato chips as an example.

The ingredients for the fried chips are very simple: potatoes, vegetable oil and salt. While in baked potato chips, the ingredients are dried potatoes, corn starch, sugar, corn oil, salt, soy lecithin and corn sugar. Dried potatoes, as not stated, are not even

fresh potatoes.

In addition, corn starch, corn oil, and soy lecithin are used and since they are not organic, there is a high likelihood that these ingredients are from genetically modified (GMO) sources.

Baked potato chips may have fewer calories and lower fat content, but it depends on the brand. A serving of regular plain potato chips has about 150 calories, while a serving of baked chips has around 130. When you taking added ingredients into account, you may find the fat content in baked potato chips are high than fried ones.

But where traditional junk food may have had marginally more calories and a bit more salt, what it never had was a “health halo”. No one ever would have confused chips and chocolate bars with healthful choices. All these so-called healthy alternatives to fried junk food potato chips were totally a trick