

# The reason why fruit and vegetable chips are high nutrition and not fat

## Detail Introduction :

At present, people's quality of life is improving, and the requirements for snacks are gradually pursuing nutrition. However, consumers are afraid that fruit and vegetable chips will increase weight. In fact, fruit and vegetable chips are not fried foods:



### 1. The heating temperature is low, and the loss of nutrients is small

Under vacuum conditions, the raw materials are dehydrated at around 80-110 °C, which effectively avoids damage to food nutrients and quality caused by high temperature. At the same time, in the vacuum state, water in the intercellular space of fruits and vegetables is rapidly vaporized and expanded, which has a puffing effect.

### 2. Better retain the aroma and flavor of the fruits and vegetables themselves

Drying in a low temperature vacuum state retains the color of the product, and oil is not involved in drying. The flavor of fruit and vegetable chips is upgraded, and the texture is crunchy and delicious.

### 3. Low fuel consumption and slow grease deterioration

Low-temperature frying can prevent the deterioration of oil, improve the utilization rate of oil, reduce waste, and make products safe and hygienic.