

# Are fruit and vegetable chips made by deep frying?

## Detail Introduction :

With the continuous development and progress of life, people now demand healthy, green and delicious. Fruit and vegetable chips under the banner of "nutritious and not fat" have attracted a lot of consumers. Fruit and vegetable chips can gain a firm foothold in the market mainly because of their nutritional value and healthy characteristics.



Fruit and vegetable chips are vacuum fried. Vacuum low-temperature frying is under vacuum conditions. When moisture in the food is vaporized, the temperature is lowered. It can quickly dehydrate in a short time and realize the drying of food under low temperature conditions.

Vacuum frying has low heating temperature and small loss of nutrients: under vacuum conditions, the materials are dehydrated at low temperature, which effectively avoids the damage to food nutrients and quality caused by high temperature. Decompression, fast water evaporation, and short drying time: At the same time, in the vacuum state, the water in the intercellular space of fruits and vegetables is rapidly vaporized and expanded, which has a good puffing effect. Drying in a low temperature vacuum state preserves the color and taste of the product to a certain extent.