

# Vacuum Frying, a Better and Healthier Alternative Option than Conventional Frying

Crunch fried chips, caution !

Fried fruits and vegetables snacks, no doubt, are popular in the world. A typical 1.5 ounce potato chip which is made with atmospheric deep frying process will run you 223 calories, plus 14 grams of fat and 221 mg of sodium and have been consistently reported to have the highest concentrations of acrylamide which will raise the risk for cancer.

**Vacuum frying**, a better and healthier alternative option than conventional frying

Item	Benefits	Benefits	Benefits
carried out at below atmospheric pressure	Boiling point of water reduces	Higher temperatures are not required to remove moisture from food	Nutrients loss is reduced especially for heat sensitive nutrients, retain original nutrients, vitamins, colour, taste of the natural foods
			Decrease the acrylamide content, Frying oil temperature can be kept below 248°F point at which acrylamide forms.
			Vacuum frying can be used to fry high sugar fruits and fresh vegetables with no sugar burning during frying.
			Slowed the rancidity of the oil, longer service time for frying oil
The absence of air during frying		Inhibit oxidation including lipid oxidation, enzymatic browning	the color and nutrients of fried samples can be largely preserved
			Higher heat transfer coefficient
Centrifuge defatting under vacuum		Significantly lower oil content in final products	Healthy snacks

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