



Baked Kale Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

28 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch kale
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon lawry's seasoned salt

Equipment

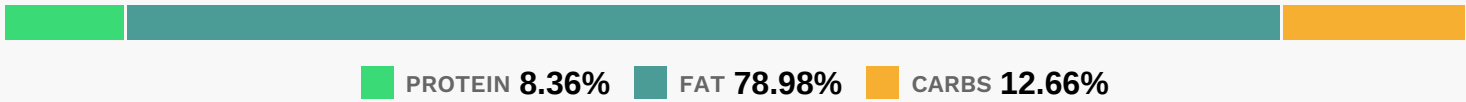
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife

☐ salad spinner

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C). Line a non insulated cookie sheet with parchment paper.
- ☐ With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner.
- ☐ Drizzle kale with olive oil and sprinkle with seasoning salt.
- ☐ Bake until the edges brown but are not burnt, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-8, Nutrition Score:8.2682608463194%

Flavonoids

Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg Kaempferol: 10.14mg, Kaempferol: 10.14mg, Kaempferol: 10.14mg, Kaempferol: 10.14mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 28.21kcal (1.41%), Fat: 2.66g (4.09%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 0.96g (0.32%), Net Carbohydrates: 0.07g (0.03%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 399.11mg (17.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Vitamin K: 85.9µg (81.81%), Vitamin A: 2164.5IU (43.29%), Vitamin C: 20.24mg (24.53%), Manganese: 0.14mg (7.19%), Calcium: 55.3mg (5.53%), Vitamin B2: 0.08mg (4.42%), Fiber: 0.89g (3.55%), Folate: 13.43µg (3.36%), Vitamin E: 0.48mg (3.19%), Potassium: 75.5mg (2.16%), Iron: 0.36mg (2.02%), Magnesium: 7.16mg (1.79%), Vitamin B1: 0.02mg (1.63%), Vitamin B6: 0.03mg (1.59%), Vitamin B3: 0.26mg (1.28%), Phosphorus: 11.92mg (1.19%)