

BBQ Kale Chips

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



72 kcal

SIDE DISH

Ingredients

- 2 tablespoons ancho chile powder
- 2 tablespoons brown sugar
- 0.5 teaspoon mustard dry
- 1 tablespoon garlic powder
- 1 bunch kale washed and dried (1 pound)
- 0.3 cup paprika
- 1 tablespoon salt

Equipment

- bowl
- baking sheet
- baking paper
- oven

Directions

- Watch how to make this recipe.
- Preheat the oven 275 degrees F. Line a baking sheet with parchment paper.
- Remove the thick stem from the kale and discard. Tear the kale leaves into bite-size pieces.
- Lay the kale onto the prepared baking sheet and spray evenly with cooking spray.
- Bake until crispy and browned on the edges, tossing the kale halfway through, 18 to 20 minutes.
- Sprinkle the kale with BBQ Seasoning and serve.
- Mix the paprika, ancho chile, sugar, garlic powder, salt and dry mustard in a small bowl.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.29, Inflammation Score:-10, Nutrition Score:18.384782697843%

Flavonoids

Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg, Kaempferol: 15.21mg Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg

Nutrients (% of daily need)

Calories: 72.38kcal (3.62%), Fat: 2.03g (3.12%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 9.19g (3.34%), Sugar: 7.13g (7.92%), Cholesterol: 0mg (0%), Sodium: 1834.44mg (79.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Vitamin A: 7757.47IU (155.15%), Vitamin K: 136.42µg (129.92%), Vitamin C: 30.49mg (36.95%), Vitamin E: 3.73mg (24.87%), Manganese: 0.42mg (21.18%), Fiber: 5.29g (21.16%), Iron: 2.83mg (15.74%), Vitamin B6: 0.31mg (15.63%), Vitamin B2: 0.24mg (13.93%), Calcium: 119.51mg (11.95%), Potassium: 379.05mg (10.83%), Magnesium: 31.75mg (7.94%), Vitamin B3: 1.56mg (7.8%), Folate: 25.98µg (6.5%), Phosphorus: 61.66mg (6.17%), Copper: 0.12mg (6.09%), Vitamin B1: 0.08mg (5.31%), Zinc: 0.67mg (4.48%),

Selenium: 2.61µg (3.73%), Vitamin B5: 0.26mg (2.59%)