

Cheesy Kale Chips

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



50 min.

SERVINGS



6

CALORIES



63 kcal

SIDE DISH

Ingredients

- 2 tablespoons olive oil extra virgin
- 1 bunch curly kale
- 0.5 cup nutritional yeast
- 0.3 teaspoon salt

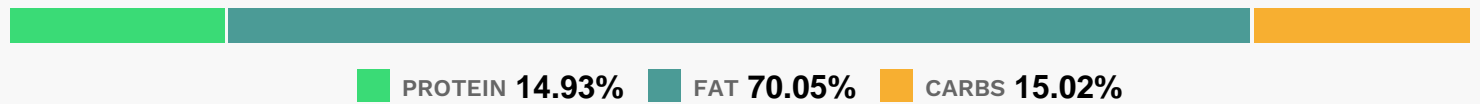
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 200 degrees F (95 degrees C).
- Drizzle olive oil over the kale in a large bowl and sprinkle with the nutritional yeast and salt. Stir with your hands to coat kale.
- Spread kale onto baking sheets.
- Bake in preheated oven until kale begins to get slightly crisp; rotate racks and flip the chips, and continue baking until completely crisp, 45 to 60 minutes total. Make sure to keep an eye on them to make sure they don't burn; if you notice certain chips ready much sooner than others, take them out.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.02, Inflammation Score:-8, Nutrition Score:8.7278261955665%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 62.59kcal (3.13%), Fat: 5.14g (7.91%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 140.77mg (6.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin K: 87.31µg (83.15%), Vitamin A: 2164.5IU (43.29%), Vitamin C: 20.24mg (24.53%), Fiber: 1.8g (7.22%), Manganese: 0.14mg (7.16%), Calcium: 55.16mg (5.52%), Vitamin E: 0.81mg (5.43%), Vitamin B2: 0.08mg (4.42%), Potassium: 148.81mg (4.25%), Folate: 13.43µg (3.36%), Iron: 0.59mg (3.3%), Magnesium: 7.15mg (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%)