



Cheesy Kale Chips with Miso, Garlic and Dulse



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



12

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons dulse granules
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 cloves garlic minced ()
- ☐ 3 bunches curly kale trimmed (of stems and torn into bite-sized pieces)
- ☐ 1 cup miso paste white
- ☐ 1 cup nutritional yeast
- ☐ 0.5 teaspoon unrefined sea salt

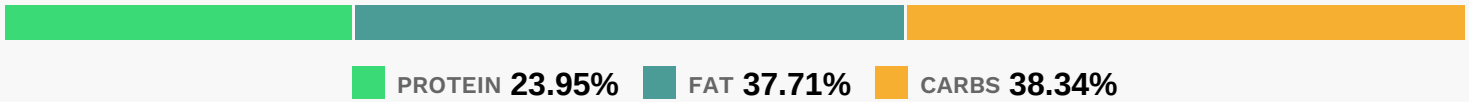
Equipment

- ☐ food processor
- ☐ mixing bowl
- ☐ dehydrator

Directions

- ☐ Combine miso, garlic, salt, nutritional yeast, oil and dulse into a food processor, and process until it forms a smooth paste. Working in batches, place kale into a large mixing bowl. Massage kale with the seasoned miso paste so that the paste adheres to the kale leaves.
- ☐ Layer the kale onto a lined food dehydrator tray and dehydrate at 125 F until crispy – about 12 hours.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:2.88, Inflammation Score:-9, Nutrition Score:14.078260978927%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg, Quercetin: 7.35mg

Nutrients (% of daily need)

Calories: 98.38kcal (4.92%), Fat: 4.39g (6.76%), Saturated Fat: 0.61g (3.84%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 6.06g (2.2%), Sugar: 1.69g (1.87%), Cholesterol: 0mg (0%), Sodium: 1008.47mg (43.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.55%), Vitamin K: 134.88µg (128.46%), Vitamin A: 3266.73IU (65.33%), Vitamin C: 30.81mg (37.34%), Manganese: 0.42mg (20.98%), Fiber: 3.99g (15.96%), Calcium: 102.29mg (10.23%), Iron: 1.78mg (9.87%), Vitamin B2: 0.17mg (9.81%), Potassium: 236.61mg (6.76%), Folate: 24.52µg (6.13%), Copper: 0.12mg (5.75%), Phosphorus: 55.08mg (5.51%), Magnesium: 21.85mg (5.46%), Vitamin B6: 0.1mg (4.98%), Zinc: 0.72mg (4.8%), Vitamin B1: 0.06mg (4.01%), Vitamin E: 0.55mg (3.69%), Vitamin B3: 0.59mg (2.97%), Selenium: 1.97µg (2.81%), Vitamin B5: 0.11mg (1.1%)