



Cheesy Pepper Kale Chips

 Gluten Free

READY IN



35 min.

SERVINGS



18

CALORIES



18 kcal

SIDE DISH

Ingredients

- ☐ 0.3 tsp coarse sea salt such as sel gris
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 7 oz destemmed lacinato/dinosaur kale (1 small bunch) (often sold as "dinosaur kale" and "Tuscan kale")
- ☐ 1.5 tablespoons olive oil
- ☐ 3 tablespoons parmesan cheese grated

Equipment

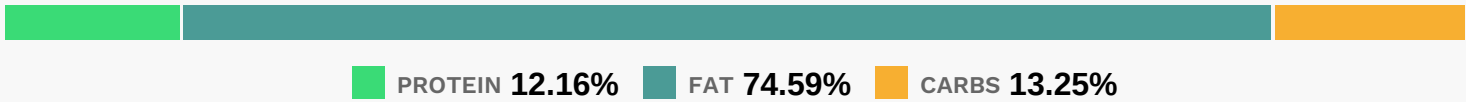
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ kitchen towels

Directions

- ☐ Preheat oven to 30
- ☐ Rinse kale and thoroughly blot dry with a kitchen towel. Tear leaves from ribs; discard ribs. Tear leaves into 4-in. pieces.
- ☐ Pour oil into a large bowl, add kale, salt, and pepper, and toss to coat evenly.
- ☐ Arrange leaves in a single layer on 2 rimmed baking sheets.
- ☐ Bake, switching pan positions after 13 minutes.
- ☐ Sprinkle with cheese and bake until leaves are crisp but not browned, 5 to 7 minutes more.
- ☐ *You can use larger bunches, but you'll need more oil and seasonings and maybe a third pan. Find nutritional yeast at natural-foods stores, Whole Foods Market, and bobsredmill.com

Nutrition Facts



Properties

Glycemic Index:3.56, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:4.3547826674159%

Flavonoids

Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg Kaempferol: 5.16mg, Kaempferol: 5.16mg, Kaempferol: 5.16mg, Kaempferol: 5.16mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 17.82kcal (0.89%), Fat: 1.57g (2.41%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 0.63g (0.21%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.09g (0.1%), Cholesterol: 0.73mg (0.24%), Sodium: 52.76mg (2.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.15%), Vitamin K: 43.8µg (41.72%), Vitamin A: 1108.89IU (22.18%), Vitamin C: 10.3mg (12.48%), Manganese: 0.08mg (4.03%), Calcium: 35.65mg (3.56%), Vitamin B2: 0.04mg (2.43%), Fiber: 0.47g (1.86%), Folate: 6.89µg (1.72%), Vitamin E: 0.25mg (1.64%), Potassium: 40.66mg (1.16%), Phosphorus: 11.43mg (1.14%), Iron: 0.19mg (1.07%), Magnesium: 4.03mg (1.01%)