



Crispy Tamari Kale Chips



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



28 kcal

SIDE DISH

Ingredients

- ☐ 6 cups kale
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 2 teaspoons sherry vinegar
- ☐ 2 teaspoons tamari sauce

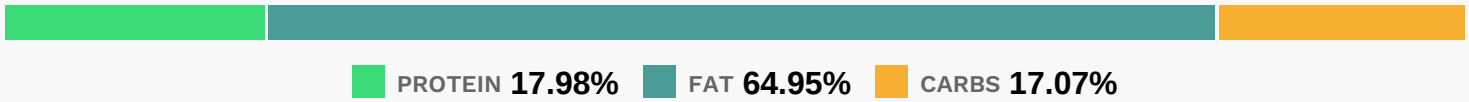
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Combine 2 teaspoons each olive oil, tamari, and sherry vinegar; toss with 1/2 pound kale, coarse stems removed and leaves torn (about 6 cups). Divide kale mixture among 2 shallow baking pans; bake until crisp and golden (about 15 minutes), stirring occasionally.
- ☐ Sprinkle with 2 tablespoons freshly grated Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.04, Inflammation Score:-10, Nutrition Score:8.3113044291411%

Flavonoids

Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg Kaempferol: 9.83mg, Kaempferol: 9.83mg, Kaempferol: 9.83mg, Kaempferol: 9.83mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 27.67kcal (1.38%), Fat: 2.11g (3.25%), Saturated Fat: 0.48g (3%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 0.37g (0.14%), Sugar: 0.2g (0.23%), Cholesterol: 1.45mg (0.48%), Sodium: 152.18mg (6.62%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.32g (2.63%), Vitamin K: 82.73µg (78.79%), Vitamin A: 2112.32IU (42.25%), Vitamin C: 19.62mg (23.78%), Manganese: 0.15mg (7.53%), Calcium: 68.59mg (6.86%), Vitamin B2: 0.08mg (4.8%), Fiber: 0.88g (3.51%), Folate: 13.48µg (3.37%), Phosphorus: 24.85mg (2.48%), Potassium: 81.05mg (2.32%), Vitamin E: 0.34mg (2.26%), Iron: 0.41mg (2.26%), Magnesium: 8.38mg (2.1%), Vitamin B6: 0.04mg (1.81%), Vitamin B1: 0.03mg (1.69%), Vitamin B3: 0.33mg (1.64%), Selenium: 0.79µg (1.13%), Zinc: 0.16mg (1.09%)