

## Easy Kale Chips



Vegetarian



Gluten Free



Dairy Free

READY IN



495 min.

SERVINGS



6

CALORIES



102 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup flax seed oil
- ☐ 0.5 juice of lemon (juice)
- ☐ 2 bunches kale
- ☐ 1 tablespoon honey raw
- ☐ 1 teaspoon celtic sea salt

### Equipment

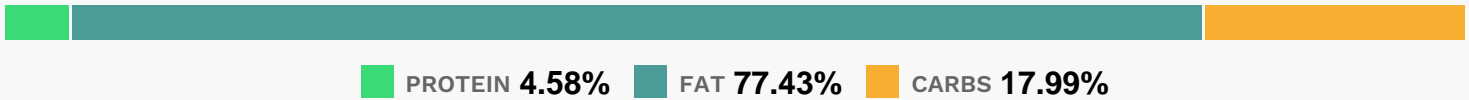
- ☐ baking sheet
- ☐ oven

- ☐ mixing bowl
- ☐ dehydrator

## Directions

- ☐ Wash and dry your kale. If you prefer, you can cut out the large central stem (these can get kind of "sticklike" when dry) I usually do this with the regular kale, with Dino Kale I might leave it inches For kids, I destem. Try to keep the pieces no larger than 2".2
- ☐ Mix together the sea salt, lemon juice and olive oil.3 Put your kale in a large mixing bowl, then pour the salt, lemon and oil mix over it and massage the kale for several minutes (until it feels like the kale is coated pretty evenly).4
- ☐ Drizzle the honey over it and massage for several more minutes until it feels like the kale is coated with honey.5
- ☐ Place the kale carefully in the dehydrator (if its bunched up, try and get it to lay flat) and set it at 115 degrees for 8 hours. If you make this the night before it works out really well as they are done when you wake up.6 If you don't have a dehydrator, or you are in a hurry, you can also make these in the oven, though they won't be "raw" anymore- I set my oven at the lowest setting (in my case 190 degrees) and put the kale on two cookie sheets, and then check them and turn them every 20 minutes until done. In my case it takes somewhere around an hour. However I prefer them in the dehydrator :).

## Nutrition Facts



## Properties

Glycemic Index:17.71, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:13.674782662288%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 10.23mg, Isorhamnetin: 10.23mg, Isorhamnetin: 10.23mg, Isorhamnetin: 10.23mg Kaempferol: 20.28mg, Kaempferol: 20.28mg, Kaempferol: 20.28mg, Kaempferol: 20.28mg Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg, Quercetin: 9.79mg

## Nutrients (% of daily need)

Calories: 102.02kcal (5.1%), Fat: 9.65g (14.85%), Saturated Fat: 7.57g (47.32%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 3.26g (1.18%), Sugar: 3.28g (3.65%), Cholesterol: 0mg (0%), Sodium: 410.71mg (17.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.57%), Vitamin K: 169.05µg (161%), Vitamin A: 4329.15IU (86.58%), Vitamin C: 41.46mg (50.25%), Manganese: 0.29mg (14.48%), Calcium: 110.76mg (11.08%), Vitamin B2: 0.15mg (8.95%), Fiber: 1.79g (7.16%), Folate: 27.44µg (6.86%), Potassium: 155.27mg (4.44%), Iron: 0.72mg (3.99%), Magnesium: 14.53mg (3.63%), Vitamin B1: 0.05mg (3.3%), Vitamin B6: 0.07mg (3.28%), Vitamin B3: 0.52mg (2.59%), Phosphorus: 24.17mg (2.42%), Vitamin E: 0.3mg (2%), Copper: 0.02mg (1.25%), Zinc: 0.18mg (1.21%)