



## Kale Chips

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



**50 min.**

SERVINGS



**2**

CALORIES



**86 kcal**

**SIDE DISH**

### Ingredients

- 1 bunch kale
- 1 tablespoon olive oil extra-virgin divided
- 1 pinch sea salt to taste
- 1 tablespoon sherry vinegar

### Equipment

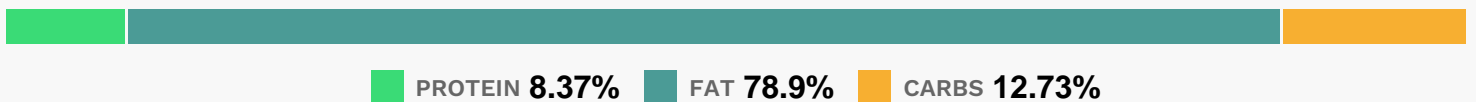
- bowl
- baking sheet
- paper towels

- oven
- salad spinner

## Directions

- Preheat an oven to 300 degrees F (150 degrees C).
- Cut away inner ribs from each kale leaf and discard; tear the leaves into pieces of uniform size. (I made my pieces about the size of a small potato chip.) Wash torn kale pieces and spin dry in a salad spinner or dry with paper towels until they're very dry.
- Put the kale pieces into a large resealable bag (or use a bowl if you don't mind getting your hands oily).
- Add about half the olive oil; seal and squeeze the bag so the oil gets distributed evenly on the kale pieces.
- Add the remaining oil and squeeze the bag more, until all kale pieces are evenly coated with oil and slightly 'massaged.'
- Sprinkle the vinegar over the kale leaves, reseal the bag, and shake to spread the vinegar evenly over the leaves.
- Spread the leaves evenly onto a baking sheet.
- Roast in the preheated oven until mostly crisp, about 35 minutes. Season with salt and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:17.199130312256%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg, Isorhamnetin: 15.34mg Kaempferol: 30.42mg, Kaempferol: 30.42mg, Kaempferol: 30.42mg, Kaempferol: 30.42mg Quercetin: 14.68mg, Quercetin: 14.68mg, Quercetin: 14.68mg, Quercetin: 14.68mg

## Nutrients (% of daily need)

Calories: 86.06kcal (4.3%), Fat: 7.97g (12.26%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0.52g (0.58%), Cholesterol: 0mg (0%), Sodium: 54.57mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin K: 257.71µg (245.44%), Vitamin A: 6493.5IU (129.87%), Vitamin C: 60.75mg (73.63%), Manganese: 0.43mg (21.59%), Calcium: 165.63mg (16.56%), Vitamin B2: 0.23mg (13.27%), Fiber: 2.66g (10.66%), Folate: 40.3µg (10.07%), Vitamin E: 1.44mg (9.58%), Potassium: 229.2mg (6.55%), Iron: 1.11mg (6.18%), Magnesium: 21.75mg (5.44%), Vitamin B1: 0.07mg (4.9%), Vitamin B6: 0.1mg (4.78%), Vitamin B3: 0.77mg (3.84%), Phosphorus: 36.35mg (3.63%), Copper: 0.04mg (1.76%), Zinc: 0.26mg (1.71%)