



## Maple Kale Crisps

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



46 kcal

SIDE DISH

### Ingredients

- 1 tablespoon extra olive oil light
- 1 bunch kale - stems removed and discarded
- 2 tablespoons real maple syrup to taste
- 1 teaspoon sea salt

### Equipment

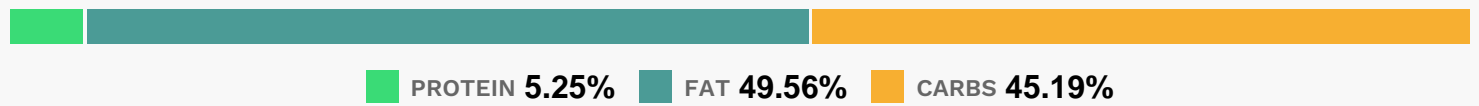
- baking sheet
- paper towels
- baking paper

oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with parchment paper.
- Blot kale thoroughly dry with paper towels if leaves are damp from washing. Arrange kale pieces onto the prepared baking sheet in a single layer and drizzle with olive oil and maple syrup; sprinkle with sea salt.
- Bake in the preheated oven until the edges of the kale begin to brown slightly and the pieces feel crisp to the touch, 10 to 15 minutes. Check often after 10 minutes to prevent burning.

## Nutrition Facts



## Properties

Glycemic Index:11.42, Glycemic Load:1.66, Inflammation Score:-8, Nutrition Score:8.9134781950194%

## Flavonoids

Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg, Isorhamnetin: 5.11mg Kaempferol: 10.14mg, Kaempferol: 10.14mg, Kaempferol: 10.14mg, Kaempferol: 10.14mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

## Nutrients (% of daily need)

Calories: 46.21kcal (2.31%), Fat: 2.66g (4.09%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 5.45g (1.82%), Net Carbohydrates: 4.56g (1.66%), Sugar: 4.17g (4.63%), Cholesterol: 0mg (0%), Sodium: 399.71mg (17.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.27%), Vitamin K: 85.9µg (81.81%), Vitamin A: 2164.5IU (43.29%), Vitamin C: 20.24mg (24.53%), Manganese: 0.3mg (14.86%), Vitamin B2: 0.16mg (9.4%), Calcium: 62.56mg (6.26%), Fiber: 0.89g (3.55%), Folate: 13.43µg (3.36%), Vitamin E: 0.48mg (3.19%), Potassium: 90.5mg (2.59%), Magnesium: 8.56mg (2.14%), Iron: 0.37mg (2.06%), Vitamin B1: 0.03mg (1.93%), Vitamin B6: 0.03mg (1.59%), Vitamin B3: 0.26mg (1.31%), Phosphorus: 11.92mg (1.19%)