



Olive Oil and Sea Salt Kale Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



18

CALORIES



14 kcal

SIDE DISH

Ingredients



0.3 tsp coarse sea salt such as sel gris



7 oz destemmed lacinato/dinosaur kale (1 small bunch) (often sold as "dinosaur kale" and "Tuscan kale")



1.5 tablespoons olive oil

Equipment



bowl



frying pan



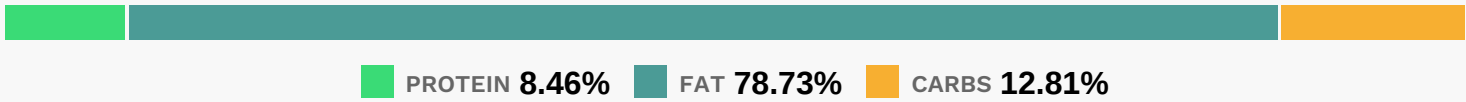
baking sheet

- ☐ 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 and salt, and toss to coat evenly.
- ☐ Arrange leaves in a single layer on 2 rimmed baking sheets.
- ☐ Bake, switching pan positions after 13 minutes, 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.

Nutrition Facts



Properties

Glycemic Index:1.78, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:4.2043477915551%

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: 14.17kcal (0.71%), Fat: 1.33g (2.05%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 0.49g (0.16%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0.09g (0.1%), Cholesterol: 0mg (0%), Sodium: 38.16mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin K: 43.7µg (41.62%), Vitamin A: 1101.38IU (22.03%), Vitamin C: 10.3mg (12.48%), Manganese: 0.07mg (3.64%), Calcium: 28.03mg (2.8%), Vitamin B2: 0.04mg (2.25%), Fiber: 0.45g (1.81%), Folate: 6.84µg (1.71%), Vitamin E: 0.24mg (1.61%), Potassium: 38.38mg (1.1%), Iron: 0.18mg (1.02%)