



Savoy Cabbage Chips



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



6 kcal

SIDE DISH

Ingredients



20 servings kosher salt



1 small savoy cabbage separated cored for another use

Equipment



baking sheet



paper towels



baking paper



oven



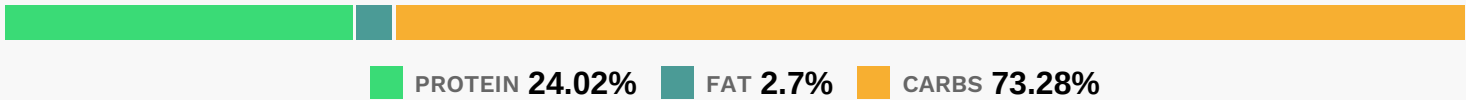
wire rack

☐ slotted spoon

Directions

- ☐ Place oven racks in upper and lower thirds of oven; preheat to 200°F. Working in several batches, cook cabbage leaves in a large pot of boiling salted water just until translucent and bright green, about 2 minutes per batch. Using a large slotted spoon, immediately transfer leaves to a large bowl of ice water; let cool.
- ☐ Drain cabbage leaves well and dry thoroughly.
- ☐ Set a wire rack inside each of 2 large rimmed baking sheets. Arrange cabbage leaves on racks in a single layer.
- ☐ Bake until completely dry and crisp, about 3 hours. Season with salt. DO AHEAD: Cabbage chips can be made 8 hours ahead. Store chips at room temperature loosely layered between parchment paper or paper towels.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:2.119999974966%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 6.13kcal (0.31%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 0.68g (0.25%), Sugar: 0.52g (0.57%), Cholesterol: 0mg (0%), Sodium: 200.15mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.91%), Vitamin K: 15.62µg (14.87%), Vitamin C: 7.04mg (8.53%), Folate: 18.16µg (4.54%), Vitamin A: 227IU (4.54%), Fiber: 0.7g (2.81%), Vitamin B6: 0.04mg (2.16%), Manganese: 0.04mg (2.07%), Magnesium: 6.36mg (1.59%), Potassium: 52.25mg (1.49%), Vitamin B1: 0.02mg (1.06%)