



## Soy and Sesame Kale Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



18

CALORIES



17 kcal

SIDE DISH

## Ingredients



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



1.5 tablespoons olive oil



1 tablespoon sesame seed



1 tablespoon soya sauce

## Equipment



bowl



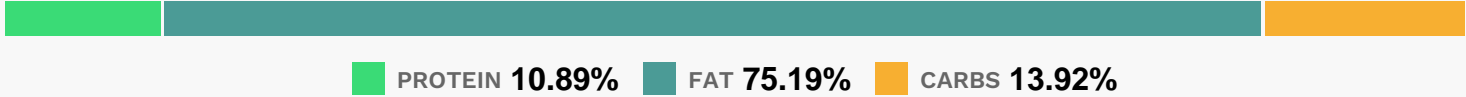
frying pan

- ☐ 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 and soy sauce into a large bowl, add kale, and toss to coat evenly.
- ☐ Arrange leaves in a single layer on 2 rimmed baking sheets.
- ☐ Bake, switching pan positions after 13 minutes.
- ☐ Sprinkle with sesame seeds and bake 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:4.56, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:4.4495651780263%

## 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: 17.32kcal (0.87%), Fat: 1.55g (2.39%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.13g (0.05%), Sugar: 0.11g (0.12%), Cholesterol: 0mg (0%), Sodium: 61.78mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Vitamin K: 43.7µg (41.62%), Vitamin A: 1101.42IU (22.03%), Vitamin C: 10.3mg (12.48%), Manganese: 0.09mg (4.43%), Calcium: 32.55mg (3.25%), Vitamin B2: 0.04mg (2.4%), Fiber: 0.51g (2.05%), Folate: 7.45µg (1.86%), Vitamin E: 0.24mg (1.61%), Iron: 0.27mg (1.51%), Magnesium: 5.6mg (1.4%), Copper: 0.03mg (1.27%), Potassium: 42.58mg (1.22%), Vitamin B1: 0.02mg (1.1%), Vitamin B6: 0.02mg (1.09%), Phosphorus: 10.16mg (1.02%)