



Tuscan Kale Chips



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



7 kcal

SIDE DISH

Ingredients



12 large kale dried rinsed



1 tablespoon olive oil

Equipment



bowl



baking sheet

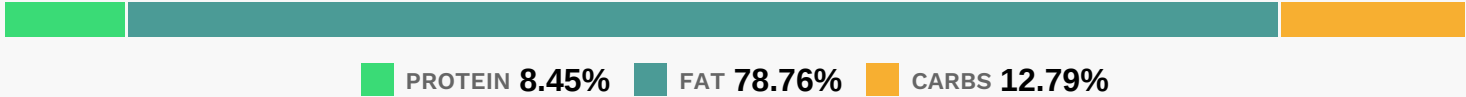


oven

Directions

- ☐ Preheat oven to 250°F. Toss kale with oil in large bowl.
- ☐ Sprinkle with salt and pepper. Arrange leaves in single layer on 2 large baking sheets.
- ☐ Bake until crisp, about 30 minutes for flat leaves and up to 33 minutes for wrinkled leaves.
- ☐ Transfer leaves to rack to cool.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0.01, Inflammation Score:-9, Nutrition Score:2.096086954779%

Flavonoids

Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 7.08kcal (0.35%), Fat: 0.67g (1.02%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 0.24g (0.08%), Net Carbohydrates: 0.02g (0.01%), Sugar: 0.04g (0.05%), Cholesterol: 0mg (0%), Sodium: 2.93mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin K: 21.8µg (20.76%), Vitamin A: 549.45IU (10.99%), Vitamin C: 5.14mg (6.23%), Manganese: 0.04mg (1.81%), Calcium: 13.98mg (1.4%), Vitamin B2: 0.02mg (1.12%)