

Kale Chips

Yield 6 Servings

Ingredients

1	bunch kale (or chard, spinach, or collards)
1 1/2	olive oil
tablespoon	

Instructions

1. Line a cookie sheet with parchment paper (optional).
2. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
3. Place kale pieces on cookie sheet.
4. Drizzle olive oil over kale and then sprinkle with seasonings of choice.
5. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned.

Cost

Per recipe: \$0.77

Per serving: \$0.13

Source

Del Norte DHHS.
University of Kentucky EFNEP.

Notes

Seasoning suggestions: salt, pepper, onion powder, garlic powder, chili powder, cumin, turmeric, and Parmesan cheese.

Nutrition Facts

Serving Size 1/6 of recipe (37g)
Servings Per Container 6

Amount Per Serving

Calories 45 **Calories from Fat 35**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 3g **1%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 1g

Vitamin A 70% • Vitamin C 70%

Calcium 6% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
--	-----------	-------	-------

Total Fat	Less than	65g	80g
-----------	-----------	-----	-----

Saturated Fat	Less than	20g	25g
---------------	-----------	-----	-----

Cholesterol	Less than	300mg	300mg
-------------	-----------	-------	-------

Sodium	Less than	2,400mg	2,400mg
--------	-----------	---------	---------

Total Carbohydrate		300g	375g
--------------------	--	------	------

Dietary Fiber		25g	30g
---------------	--	-----	-----

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4