

Baked Kale Chips

Recipe Type: Snack

Serves: 3

Prep Time: 10 minutes

Cooking Time: 10 minutes

C means cup

T means tablespoon

t means teaspoon

oz means ounce

What you need:

6 C kale

1 T olive oil

¼ t salt

½ t garlic powder

½ t onion powder

What to do:

1. Wash your hands.
2. Preheat the oven to 350°F.
3. With a knife or scissors carefully remove the kale leaves from the thick stems and tear into bite size pieces.
4. Wash and dry the kale with paper towels.
5. Drizzle the kale with olive oil and sprinkle with salt, garlic and onion powder.
6. Bake until the edges are brown but not burnt, about 10–15 minutes.
7. Enjoy!



This is a picture of 1 serving.

Nutrition Facts

3 servings per container

Serving size 1 Cup (56g)

Amount per serving

Calories 60

% Daily Value*

Total Fat 5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 10%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 7%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 129mg 10%

Iron 1mg 6%

Potassium 184mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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