

Kale Chips

Kale chips make a great snack and are packed full of vitamins A and C to help keep your body healthy and strong.

Serves 4



Ingredients

- 1 bunch kale, washed and dried thoroughly
- 1 tablespoon olive oil
- Salt and pepper to taste (or your favorite seasoning salt blend)

Nutrition Facts

Serving Size about 1/2 cup
Servings Per Recipe 4

Amount Per Serving

Calories 60 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 7g **2%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 2g

Vitamin A 210% • Vitamin C 130%

Calcium 10% • Iron 6%

*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

Directions

1. Preheat oven to 300 degrees
2. Remove inner rib from kale and cut or tear into bite-sized pieces.
3. Combine in a large bowl with olive oil and seasoning, and stir well.
4. Bake for 15-20 minutes or until crisp, but not burned.

Please note: nutritional values are approximate.

