



# Crunchy Baked Kale Chips



## Ingredients

- 1 bunch fresh **kale** (about 8 cups chopped)
- 1 Tablespoon **vegetable oil**
- ½ teaspoon **salt**

**Makes:** 3 cups  
**Prep time:** 20 minutes  
**Cooking time:** 15 minutes

## Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F.
3. Rinse kale under cool running water. Cut or strip away the thick stem from each leaf and dry leaves in salad spinner or blot with a paper towel..
4. Tear or cut leaves into bite-sized pieces, place in large bowl and drizzle with oil. Toss to coat well.
5. Place on a baking sheet and sprinkle with salt.
6. Bake until edges brown and crispy, about 10 to15 minutes. Serve hot.



## Notes

- Try adding garlic powder or pepper with the salt.

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## Nutrition Facts

Serving Size 1/2 cup (92g)  
 Servings Per Container 6

Amount Per Serving

**Calories 60**      **Calories from Fat 25**

% Daily Value\*

**Total Fat 3g**      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 290mg**      **12%**

**Total Carbohydrate 8g**      **3%**

Dietary Fiber 2g      **8%**

Sugars 0g

**Protein 4g**

Vitamin A 180%      • Vitamin C 180%

Calcium 15%      • Iron 8%

\*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