

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
- 1/2 t table salt
- 1/2 t garlic powder

What to do:

1. Wash your hands.
2. Preheat the oven to 350 °F.
3. With a knife or scissors carefully remove the 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 table salt and garlic powder.
6. Bake the kale until the edges are brown but not burnt, about 10-15 minutes.
7. Serve hot and enjoy!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 cup

Amount Per Serving

Calories 110 **Calories from Fat** 50

%Daily Value*

Total Fat 5 g **8%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 250 mg **10%**

Total Carbohydrate 14 g **5%**

Dietary Fiber 3 g **12%**

Sugars 0 g

Protein 5 g

Vitamin C 270%

Calcium 20%

* Percent Daily Values are based on a 2,000 calorie diet.

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