



A Nutrition Resource

# THE BEST KALE CHIPS IN THE WORLD

**Yield: 6 Servings**

**Cost/Serving: \$0.27**

## Ingredients:

- 1 1/2 cups kale, raw, stemmed, and cut into chip-sized pieces
- 1 tsp olive oil
- 1/2 tsp salt

## Directions:

1. Preheat oven to 225
2. Remove large stems from leaves leaving kale in "chip-sized" pieces.
3. In single layer on sheet tray, place leaves face up, lightly spray with olive oil, and slightly season the kale with salt.
4. Bake for 40-60 minutes, or until the kale is completely dehydrated and will easily release from the pan when you shake the pan back and forth. Using a low oven temperature ensures that you will not burn the chips.

## Nutrition Facts

6 servings per container

**Serving size (0.0g)**

**Amount Per Serving**

**Calories 15**

**% Daily Value\***

**Total Fat 1g 1%**

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 200mg 9%**

**Total Carbohydrate 1g 0%**

Dietary Fiber <1g 2%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein 1g**

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.2mg 2%

Potassium 80mg 2%

\* The % Daily Value (DV) 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.

Source: MT Harvest of the Month and Edward Christensen, Assistant Food Service Manager, Missoula County Public Schools

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