



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*

Buy Eat Live Better Nutrition Education Program | [www.montana.edu/extension/buyeatlivebetter](http://www.montana.edu/extension/buyeatlivebetter)



Find us on Pinterest  
[pinterest.com/buyeatlive](https://pinterest.com/buyeatlive)

**This institution is an equal opportunity provider.**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



Find us on Facebook  
[facebook.com/buyeatlivebetter](https://facebook.com/buyeatlivebetter)



**MONTANA**  
STATE UNIVERSITY

EXTENSION