

KALE CHIPS

INGREDIENTS:

- 1 quart chopped kale
- 1 tablespoon olive oil
- 1/4 teaspoon salt
- 1/2 teaspoon garlic powder

DIRECTIONS:

1. Preheat oven to 300°F.
2. Place kale in a large mixing bowl and add olive oil; tossing to coat.
3. Sprinkle with salt and garlic powder, then toss again.
4. Place in single layer on a baking sheet and bake for about 15 minutes, or until crispy.

Nutrition Facts	
Serving Size 1 cup (142g)	
Servings Per Container 2	
Amount Per Serving	
Calories 130	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 6g	
Vitamin A 270%	• Vitamin C 270%
Calcium 20%	• Iron 10%
*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	

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

Source: *peta.org*

