

Recipe: Kale Chips

Kale Chips

Number of Servings: 4 (64.22 g per serving)

Weight: 256.86 g

Recipe

Item Name	Quantity	Measure
Cabbage, kale, fresh, chpd	1/2 Pound	
Herb, coriander, ground	1 Teaspoon	
Spice Blend, curry, pwd	1 Teaspoon	
Oil, canola & olive, Chef's Duet	2 Tablespoon	

Nutrients

Nutrients	Per Servi...	Nutrients	Per Servi...
Basic Components		Biotin (mcg)	0.28
Gram Weight (g)	64.22	Vitamin C (mg)	68.10
Calories (kcal)	90.03	Vitamin D - IU (IU)	0
Calories from Fat (kcal)	64.20	Vitamin D - mcg (mcg)	0
Calories from SatFat (kcal)	5.07	Vitamin E - Alpha-Toco (mg)	0.11
Protein (g)	1.94	Folate (mcg)	17.21
Carbohydrates (g)	5.97	Folate, DFE (mcg)	17.21
Dietary Fiber (g)	1.30	Vitamin K (mcg)	463.73
Soluble Fiber (g)	0.45	Pantothenic Acid (mg)	0.05
Total Sugars (g)	0.01	Minerals	
Monosaccharides (g)	0.01	Calcium (mg)	79.10
Disaccharides (g)	0.00	Chromium (mcg)	--
Other Carbs (g)	0.11	Copper (mg)	0.17
Fat (g)	7.47	Fluoride (mg)	--
Saturated Fat (g)	0.56	Iodine (mcg)	--
Mono Fat (g)	4.56	Iron (mg)	1.12
Poly Fat (g)	1.95	Magnesium (mg)	20.55
Trans Fatty Acid (g)	0	Manganese (mg)	0.46
Cholesterol (mg)	0	Molybdenum (mcg)	2.83
Water (g)	47.94	Phosphorus (mg)	33.50

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Nutrients cont.

Nutrients	Per Servi...	Nutrients	Per Servi...
Vitamins		Potassium (mg)	261.16
Vitamin A - IU (IU)	8724.00	Selenium (mcg)	0.60
Vitamin A - RAE (RAE)	436.20	Sodium (mg)	24.74
Carotenoid RE (RE)	872.40	Zinc (mg)	0.27
Retinol RE (RE)	0	Other Fats	
Beta-Carotene (mcg)	5234.59	Omega 3 Fatty Acid (g)	0.10
Vitamin B1 (mg)	0.06	Omega 6 Fatty Acid (g)	0.09
Vitamin B2 (mg)	0.08	Other Nutrients	
Vitamin B3 (mg)	0.58	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	0.96	Caffeine (mg)	0
Vitamin B6 (mg)	0.16	Choline (mg)	0.32
Vitamin B12 (mcg)	0		

Preparation Method

Preparation ...	Cook Time	Cook Temper...	Cook Method	Pan Size
35 minutes	30 minutes	300 degrees F	Bake	

Preparation Method Instructions

Preheat oven to 300 degrees. Remove large kale stems and coarsely chop. Toss kale with 1 tablespoon oil, curry, and coriander (to brighten flavor, also add 1-2 tablespoons vinegar). Coat cookie sheet with 1 tablespoon oil. spread kale out evenly on cookie sheet. Bake for 20-30 minutes until crispy.