AMERICAN · SNACK

Crispy Baked Kale Chips

25 min · Makes 1 × 1 tray (1 bunch of kale) · 183 kcal a portion · Video 3:44 · Eating Bird Food

Vegan · Paleo · Gluten-free ingredients · No nuts listed

A whole bunch of kale for about 180 kcal: rich in vitamins K, A and C, with about 5 g of fibre and 7 g of net carbs. Vegan, gluten-free and baked with just a tablespoon of olive oil.

Diet notes: Keto (6.8 g net carbs a serve); Low saturated fat (2 g, 9.8% of the energy).

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Ingredients

3 · MAKES 1 × 1 TRAY (1 BUNCH OF KALE)

- [ ] 1 bunch **curly kale**, stems removed (about 5 cups torn leaves, roughly 5 oz)
- [ ] 1 tbsp **olive oil**
- [ ] ½ tsp **sea salt**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 350 °F.
2. Wash the kale, strip the leaves off the stems and tear them into bite-size pieces. Dry them very well in a salad spinner or with tea towels; wet kale steams instead of crisping. 2:14
3. Toss the dry kale in a large bowl with the olive oil and sea salt until every piece is lightly coated. 2:25
4. Spread the pieces over a large baking sheet (or two) in a single layer with no overlap. 2:31
5. Bake for 15–20 minutes until crisp, watching closely near the end as they burn quickly. Eat straight away while hot and crunchy. 2:34

> **Tip** The cook eats the whole tray as one snack; ½ tsp salt is a lot for one person, so salt lightly or share the tray. Best eaten fresh; they soften in a sealed container within 1–2 days.

The method is a summary in our words — the video shows every step.

One portion, 1 tray (1 bunch of kale), gives you

1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
183 kcal	5.6 g	11 g	4.7 g	15 g	1,210 mg
770 kJ	11% of a day	6.8 g net · 3 g sugars	17% of a day	2 g saturated	53% of a day
		4% of a day		19% of a day	

Energy from net carbs 15% · protein 12% · fat 73% — fits keto: 6.8 g net carbs, 73% of the energy from fat

High in (20%+ of a day) Vitamin K 429% · Vitamin C 173% · Vitamin A 35% · Vitamin B6 21% · Omega-3 21% · Folate 20%

Source of (10–19%) Vitamin E 19% · Calcium 15% · Magnesium 15% · Potassium 14% · Iron 11%

⚠ One serve has about 53% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Eating Bird Food (@EatingBirdFood) on YouTube — youtube.com/watch?v=sGo9bfZVyNM, published 10 September 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/baked-kale-chips