



Baked Kale Chips



Entire recipe: 33 calories, 0.5g total fat (0g sat. fat), 179mg sodium, 6g carbs, 2.5g fiber, 1.5g sugars, 3g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 10 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#)

Ingredients

3 cups fresh kale leaves
Olive oil nonstick spray
Dash salt, or more to taste

Directions

Preheat oven to 425 degrees. Spray a baking sheet with olive oil nonstick spray.

Place kale leaves on the sheet. Spritz with the nonstick spray, and sprinkle with salt.

Bake until crispy, 5 - 8 minutes.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.