



## 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

**Green Plan [SmartPoints](#)® value 0\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 0\***

**Purple Plan [SmartPoints](#)® value 0\***

**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

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.