

Low-Carb Parmesan Kale Chips

Hands-on 5 minutes Overall 35-45 minutes

Nutritional values (per serving, about 1 cup): Total carbs: 3.1 g, Fiber: 1 g, **Net carbs: 2.1 g**,

Protein: 3.6 g, Fat: 8.9 g, Calories: 103 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

1 bunch of kale (200 g/ 7.1 oz)

2 tbsp [extra virgin olive oil](#) (30 ml)

1/3 cup grated Parmesan cheese *or* other Italian hard cheese (30 g/ 1.1 oz)

salt to taste

Instructions

1. Preheat the oven to **low**, 100 °C/ 210 °F (fan assisted), or 120 °C/ 250 °F (conventional). Wash the kale thoroughly and make sure you drain it completely (paper towel works best). If you don't dry it enough, it will get soggy. Remove the stems and tear or chop into large-bite-sized pieces. Don't make them too small, they'll shrink a bit while baking.
2. Place the teared kale into a bowl and add a pinch o salt and olive oil. Mix well with hands to allow the oil everywhere. If you don't want to get messy, simply place the kale into a plastic bag, add the seasoning and shake well.
3. Add half of the grated Parmesan cheese and mix well. Place on a baking sheet lined with baking paper and put in the oven. Bake for 30-40 minutes or until crispy, checking frequently. Remove from the oven and when still hot, sprinkle with the rest of the Parmesan cheese.
4. Place on a serving plate and enjoy!

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