



Icahn  
School of  
Medicine at  
Mount  
Sinai

Department of Genetics and Genomic Sciences  
Icahn Institute for Genomics and Multiscale Biology

## METABOLIC NUTRITION PROGRAM

### Crisp Kale

Adapted from marthastewart.com

Servings Per Recipe: 2

Serving Size: 1.5 cups

Per Serving: 160 Calories, 4.4 gm Protein, 11 gm Fat,  
13 gm Carbohydrates

1 small bunch kale, stems and center ribs discarded  
1 ½ Tablespoons extra virgin olive oil  
Coarse salt and freshly ground pepper  
Finely grated zest of ½ lemon  
Red-pepper flakes

#### Directions

1. Preheat oven to 275°F. Cut kale lengthwise into strips and ¾ inch wide. Toss with oil, 1/8 teaspoon salt, the lemon zest, and a pinch of red-pepper flakes, and spread onto a parchment lined baking sheet. Bake until crisp, 35 - 40 minutes, stirring halfway through. Let kale cool.

<b>Nutrition Facts</b>			
Serving Size 1.5 cups (145g)			
Servings Per Container 2			
<b>Amount Per Serving</b>			
<b>Calories</b> 160		Calories from Fat 100	
% Daily Value*			
<b>Total Fat</b> 11g			<b>17%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 300mg			<b>13%</b>
<b>Total Carbohydrate</b> 13g			<b>4%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 0g			
<b>Protein</b> 4g			
Vitamin A 410% • Vitamin C 270%			
Calcium 20% • Iron 15%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			