

Salad, Kale - Salad Kale

Recipe: R-0616 HACCP Process: No Cook
 # of Servings: 6.00 Serving Size: 1 cup Source: Local
 Grams Per Serving: 73.41 Fat Change %: 0.00 Moisture Change %: 0.00
 Cost Per Serving: 0.15 *** Incomplete Cost Per Serving ***

Inventory Item Code	Ingredients	Measurements	Directions
	Kale, raw	1 QUART 1" PIECES, LOOSELY PACKED + 1/2 CUP 1" PIECES, LOOSELY PACKED	1. Remove stems from kale and wash under cold running water and drain well. Strip the edible leaf from the stem. Tear kale leaves into bite size pieces. Massaging hardy greens such as kale brings out the flavorful oils and tenderizes the leaves.
1000	Apples, Raw, Golden Delicious, with skin	1-1/2 MEDIUM	2. Use a hardy apple that is in season. Wash apples and remove core. Dice apples (keep skin on).
2316	Craisins Strawberry	1-1/2 OZ	3. In a large bowl place kale, apples and cranberries then toss.
2133	Oil, Canola, TFF Salad	1/4 CUP	4. In a separate bowl whisk oil, vinegar, salt, pepper, and sugar together. Pour mixture over salad then toss.
2029	Vinegar, Apple Cider, 5% Acidity	2 TBSP	
1361	Salt	1/2 TSP	
1766	Spices, Black Pepper, Coarse Ground	3/4 TSP	
1759	Sugar, White, Extra Fine Cane	1 TBSP	
			5. Serve 1 cup of mixed salad with 8 ounce spoodle CCP: Maintain an internal temperature of 41 degrees F or less.

Notes:

Production Notes:

Serving Notes:

Nutrients Per Serving:		(per 1 cup)			
Calories	117.004	Trans Fat (gm)	0.167*	Iron (mg)	0.221*
Protein (gm)	0.611*	Chol (mg)	0.000*	Calc (mg)	20.250*
Carb (gm)	8.408*	Vit A (IU)	1218.800*	Sodium (mg)	201.477*
Tot Fat (gm)	9.624	Vit C (mg)	14.400*	Fiber (gm)	1.163*
Sat Fat (gm)	0.743*			Sugars (gm)	6.323*

Note: * means nutrient data is missing or not available.



Meal Components: (per 1 cup)

Fruit (Cups)	Vegetables (Cups)				
	Dark Green	Red/Orange	Beans/Peas	Starchy	Other
Whole Grain- Rich (Oz. Eq.)	Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)		Fluid Milk (Cups)

Allergens:

No Listed Allergens