000689 - Krazy Kale Chips :	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process				? - Milk
Number of Portions: 12				? - Egg
Size of Portion: chips				? - Peanut
Alternate Recipe Name: Krazy Kale Chips				? - Tree Nut
				? - Fish
				? - Shellfish
				? - Soy
				? - Wheat

Ingredients	Measures	Instructions
011233 KALE,RAW 004053 OIL,OLIVE,SALAD OR COOKING 002047 SALT,TABLE	3 CUPS (chopped) 1 Tbsp + 2 3/4 tsp 3/8 tsp	Cut kale into leafy pieces removing the hard center stem Wash and thoroughly spin to dry. NOTE - CHIPS MUST BE COMPLETELY DRY FOR THEM TO BE CRISPY
		Place leafy pieces on parchment lined sheet pan lightly coat with olive oil. Do not get them too oily Roast 325 degree convection oven until outer edges are dark not burned about 10 minutes
		remove from oven to chill - toss lightly with salt. Service is for tasting purposes only

*Nutrients are based upon 1 Portion Size (chips)

				Nutricitis are	basca apon i i onioni	Size (Griips)		
Calories	25 kcal	Cholesterol	0 mg	Sugars	0.2 g	Calcium	42.61 mg	86.89% Calories from Total Fat
Total Fat	2.41 g	Sodium	79 mg	Protein	0.49 g	Iron	0.28 mg	11.83% Calories from Saturated Fat
Saturated Fat	0.33 g	Carbohydrates	0.74 g	Vitamin A	806.0 IU	Water ¹	15.01 g	*0.00%* Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.69 g	Vitamin C	15.6 mg	Ash ¹	0.44 g	11.87% Calories from Carbohydrates
								7.84% Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

^{* -} denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.