

Beacon City School District

000934 - Lemony Kale Salad with apples :	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: No HACCP Process Number of Portions: 10 Size of Portion: 3/4 cup Alternate Recipe Name: Kale Salad with Apples				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011233 KALE,RAW..... 009152 LEMON JUICE,RAW..... 002048 VINEGAR,CIDER..... 004053 OIL,OLIVE,SALAD OR COOKING..... 903175 APPLES, FRESH, SLICED, UNPEELED.... 002020 GARLIC POWDER..... 002047 SALT,TABLE..... 903109 PEPPER BLACK, GROUND..... 019335 SUGARS,GRANULATED..... 903352 RAISINS, SEEDLESS, NOT PACKED.....	1 lb + 2 3/8 ozs 1 Tbsp + 1 3/4 tsp 5/8 oz 2 Tbsp + 2 3/8 tsp 14 ozs 1/8 tsp 1/8 tsp 5/8 tsp 1 5/8 ozs	CCP: Cool to 41° F or lower within 4 hours. this salad is best left to marinate with dressing for a few hours Wash Kale (about 7 bunches) chip in bite sized pieces discarding center stem Massage kall for best color and texture - by hand 1-3 minutes Make dressing - blend spices with lemon juice and vinegar add oil - combine with wire whip until incorporated- add dressing to massaged kale - go lightly - dress the kale a little at a time so it is not overpowering. Add raisins and apple Service is 3/8 cup Tasting is at minimum 1/4 cup CCP: Refrigerate until served. credits 3/4 cup credits 1/4 cup dark green 1/8 cup fruit

*Nutrients are based upon 1 Portion Size (3/4 cup)

Calories	87 kcal	Cholesterol	0 mg	Sugars	*0.8* g	Calcium	137.15 mg	48.01%	Calories from Total Fat
Total Fat	4.65 g	Sodium	52 mg	Protein	1.78 g	Iron	0.99 mg	6.54%	Calories from Saturated Fat
Saturated Fat	0.63 g	Carbohydrates	11.77 g	Vitamin A	2531.8 IU	Water ¹	*50.60* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.29 g	Vitamin C	51.6 mg	Ash ¹	*0.87* g	53.95%	Calories from Carbohydrates
								8.14%	Calories from Protein

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

* - 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.

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.