

MERSD

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Recipe

Apr 8, 2013

Recipe: 000711 Kale Salad

Recipe Source:

Recipe Group: SALADS

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:

Number of Portions: 25

Size of Portion: 1/2 cup serving

011233 KALE,RAW.....	2 LB	Wash Kale
103614 LEMON JUICE.....	2 CUP + 1/4 CUP	Roll and cut in thin strips
004053 OIL,OLIVE,SALAD OR COOKING.....	3 CUP + 1/8 CUP	Add 1 cup oil and massage kale for 2 minutes to break down fibers.
019296 HONEY.....	1/2 CUP + 1 TSP	Add apicots and walnuts to kale
050366 APRICOTS, CANNED, DICED, PEELED, LIGHT SYRUP...	12 1/2 CUP	Add chopped romaine
012154 WALNUTS,BLACK,DRIED.....	1 1/2 CUP, chopped	Mix rest of ingredients to make dressing. Add to bowl and mix
002047 SALT, TABLE.....	1 1/2 TSP	
002030 PEPPER,BLACK.....	1 TBSP	
011251 LETTUCE,COS OR ROMAINE,RAW.....	2 1/2 LB	May substitute peaches and pumkin seeds for apricots & walnuts

*Nutrients are based upon 1 Portion Size (1/2 cup serving)

Calories	413 kcal	Cholesterol	0.00 mg	Protein	4.60 g	Calcium	70.60 mg	69.35%	Calories from Total Fat
Total Fat	31.82 g	Sodium	171.73 mg	Vitamin A	793.20 RE	Iron	1.50 mg	8.79%	Calories from Saturated Fat
Saturated Fat	4.04 g	Carbohydrates	30.85 g	Vitamin A	11284.74 IU	Water ¹	*75.14* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	3.26 g	Vitamin C	48.31 mg	Ash ¹	*1.39* g	29.88%	Calories from Carbohydrates
								4.46%	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.

denotes optional nutrient values.

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz				? - Milk
Grain.....	oz				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	cup				? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change.....	0%				? - Soy
Fat Change.....	0%				? - Wheat
Type of Fat.....					

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.