

Cooking for Kids

Recipe Sizing Report

000015 - Kale Salad :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: 1/2 CUP	Meat/Alt: Grains: Fruit: Vegetable: 0.25 cup Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
011233 KALE,RAW.....	10 lbs	1. Wash kale thoroughly then chop.
902992 Orange 100% Juice..... 799986 SALT, KOSHER.....	1 lb + 8 ozs 2 tsp	2. Place chopped kale in a large mixing bowl and add orange juice and salt. 3. Using your hands, massage the kale until it loses volume and turns semi-translucent and bright green, about 5 minutes.
050385 OIL, VEGETABLE..... 900072 CRANBERRIES, WHOLE, SLICED DRIED-COMMODI...	1/2 cup 1/2 cup	4. Mix in oil and dried cranberries. Refrigerate for 30 minutes prior to service.

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

Calories	66 kcal	Cholesterol	0 mg	Sugars	*3.3* g	Calcium	230.42 mg	48.31%	Calories from Total Fat
Total Fat	3.53 g	Sodium	111 mg	Protein	2.65 g	Iron	1.46 mg	6.60%	Calories from Saturated Fat
Saturated Fat	0.48 g	Carbohydrates	7.56 g	Vitamin A	4365.4 IU	Water ¹	*81.31* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.76 g	Vitamin C	84.9 mg	Ash ¹	*1.40* g	45.99%	Calories from Carbohydrates
								16.12%	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.