

# Kale Salad - CACFP

## General Information

Recipe #	Category	Source
1691276	Vegetables 	Local

## Ingredients

Name	Quantity	+	Quantity 2
Kale, raw	3 lbs.		
Orange juice, canned, unsweetened	1 c.		
Salt, table	¾ tsp.		
Vegetable oil, palm kernel	3 tbsp.		
Dried Cranberries	4 oz.		

## Preparation Instructions

HACCP Process: #1 - No Cook

1. Wash kale thoroughly then de-stem and chop.
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.
4. Mix in oil and dried cranberries. Refrigerate for 30 minutes prior to service.

Food prep areas, Equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking. Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove product from refrigerator using oldest pack date first.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Wash all raw fruits and vegetables thoroughly before combining with other ingredients including: \* Unpeeled fresh fruit and vegetables that are served whole or cut into pieces. \* Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

Wash fresh produce vigorously under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

Remove any damaged or bruised areas.

Label, date, and refrigerate fresh-cut items.



## Kale Salad - CACFP

Serving Size	Yield
1 Cup	25.00

Cost Per Serving  
N/A 

## Nutrition Facts

Serving Size 1 Cup (71 gm)

Amount Per Serving		
Calories		52.950
		% Daily Value*
<b>Total Fat</b>	2.458 gm	3.781%
<b>Saturated Fat</b>	1.429 gm	7.144%
<b>Trans Fat</b>	0.000* gm	
<b>Cholesterol</b>	0.000 mg	
<b>Sodium</b>	99.011 mg	4.125%
<b>Total Carbohydrate</b>	7.226 gm	2.409%
<b>Dietary Fiber</b>	2.538 gm	10.153%
<b>Total Sugars</b>	4.582 gm	
<b>Includes 3.035* gm of Added Sugars</b>		
<b>Protein</b>	1.657 gm	3.314%
<b>Vitamin A, RAE</b>	N/A* mcg	
<b>Vitamin C</b>	53.837* mg	89.728%
<b>Vitamin D</b>	0.000 mcg	
<b>Calcium</b>	139.838 mg	13.984%
<b>Iron</b>	0.881 mg	4.897%
<b>Potassium</b>	210.120 mg	4.471%
<b>Saturated Fat % of Calories</b>		24.285%

\* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the

CCP: Ensure cold food is held at a temperature below 41° F.

CORRECTIVE ACTION COLD FOOD: Any food item being served cold must be maintained at or below 41. In the event the temperature of the cold item rises above 41 it must be returned to a refrigerated or frozen atmosphere and temperature reduced to 41 or below.

daily diet. 2,000 calories a day is used for general nutrition advice.

### Meal Components

Component	Measurement
Dark Green	0.5 cups

### Added Sugar Limitations ⓘ

Not applicable.

### Dates

**Last Updated**  
02-20-2025

**Created**  
10-09-2024

Edit Recipe