

# Cumberland County Schools

**Recipe: 003931 16-SALAD, KALE APPLE**

**Recipe HACCP Process: #2 Same Day Service**

Recipe Source: CCS  
Recipe Group: SALADS

Alternate Recipe Name: Kale Apple Salad

Number of Portions: 7  
Size of Portion: 1 Cup

011233 00-KALE,RAW..... 903512 00-APPLES,RAW,WITH SKIN..... 904202 00-RAISINS, SEEDLESS.....	5 CUP, chopped 2 Each (125 ct) 1/4 CUP	<b>Prepare:</b> Peel and chop apples Kale should be chopped into bite size piece In a large bowl, combine all the salad ingredients.
903539 SYRUPS,MAPLE..... 903879 00-LEMON JUC,CND OR BTLD....	2 TBSP 4 TBSP	<b>Dressing:</b> In a small bowl whisk together the dressing ingredients (lemon juice and syrup) Pour the dressing over the salad and mix well. Serve immediately or place in the cooler for up to 30 minutes for the flavors to develop.

\*Nutrients are based upon 1 Portion Size (1 Cup)

Calories	75 kcal	Cholesterol	0.00 mg	Sugars	*8.26* g	Calcium	84.40 mg	5.68%	Calories from Total Fat
Total Fat	0.47 g	Sodium	20.98 mg	Protein	2.24 g	Iron	0.88 mg	0.55%	Calories from Saturated Fat
Saturated Fat	0.05 g	Carbohydrates	17.89 g	Vitamin A	4796.23 IU	Water <sup>1</sup>	*74.08* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	2.75 g	Vitamin C	61.27 mg	Ash <sup>1</sup>	*1.07* g	95.40%	Calories from Carbohydrates
								11.93%	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  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz			N - Milk	
Grain..... oz			N - Egg	
Fruit..... cup			N - Peanut	
Vegetable..... 0.500 cup			N - Tree Nut	
Milk..... cup			N - Fish	
<b><u>Moisture &amp; Fat Change</u></b>			N - Shellfish	
Moisture Change. 0%			N - Soy	
Fat Change..... 0%			N - 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.

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Jun 21, 2016

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011233	00-KALE,RAW			No
I	903512	00-APPLES,RAW,WITH SKIN	Each (125 ct)	Case 40 lbs (125 ct)	No
I	904202	00-RAISINS, SEEDLESS	CUP	Case (144 Boxes)	No
I	903539	SYRUPS,MAPLE		GAL	No
I	903879	00-LEMON JUC,CND OR BTLD			

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