

Cumberland County Schools

Recipe: 003933 16-KALE CHIPS

Recipe HACCP Process: #2 Same Day Service

Recipe Source: CCS Farm to Sch
 Recipe Group: VEGETABLES

Alternate Recipe Name: Kale Chips

Number of Portions: 50
 Size of Portion: 1 Cup

011233 00-KALE,RAW..... 903880 00-SALT, GRANULATED IODIZED... 904226 16-FOOD RELEASE SPRAY.....	11 1/2 LB 4 TSP 1 OZ	Preheat Oven to 425°F Wash kale and dry very well. Using full size sheet pans, spread the leaves out so they lie as flat as possible on the sheet pans, leaving an inch or so in between the pieces. Lightly spray with food release spray. Sprinkle the salt over leaves. Bake until the kale is crispy and bright green, about 10 minutes. Do not leave unattended, monitor closely due to differences in ovens (If the kale turns olive green, they have cooked too long). Don't cook more than 3 sheet pans at a time, or the oven will get too steamy. Let cool for 2 minutes then transfer to a serving pan.
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*Nutrients are based upon 1 Portion Size (1 Cup)

Calories	51 kcal	Cholesterol	0.00 mg	Sugars	2.36 g	Calcium	156.61 mg	17.08%	Calories from Total Fat
Total Fat	0.97 g	Sodium	228.27 mg	Protein	4.47 g	Iron	1.54 mg	1.67%	Calories from Saturated Fat
Saturated Fat	0.09 g	Carbohydrates	9.13 g	Vitamin A	10422.18 IU	Water ¹	*87.68* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.76 g	Vitamin C	125.19 mg	Ash ¹	*2.10* g	71.43%	Calories from Carbohydrates
								34.94%	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.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz			N - Milk	
Grain.....	oz			N - Egg	
Fruit.....	cup			N - Peanut	
Vegetable.....	0.250 cup			N - Tree Nut	
Milk.....	cup			N - Fish	
Moisture & Fat Change				N - Shellfish	
Moisture Change.	0%			N - Soy	
Fat Change.....	0%			N - Wheat	
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011233	00-KALE,RAW			
I	903880	00-SALT, GRANULATED IODIZED			
I	904226	16-FOOD RELEASE SPRAY			

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