

# Orfalea Foundation- SFI

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Recipe Sizing Report

Aug 19, 2013

## 000186 - School Food Kale Salad :

HACCP Process: #1 No Cook

Number of Portions: 48

Size of Portions: 1/2 C

011233 KALE,RAW.....	1 1/2 GALS (chopped)
009152 LEMON JUICE,RAW.....	1/2 cup
004053 OIL,OLIVE,SALAD OR COOKING.....	1 cup
002047 SALT.....	1/2 Tbsp
002030 PEPPER.....	1/2 TSP (ground)
902401 PEPPER, crushed red.....	1/4 tsp
001146 CHEESE,PARMESAN,SHREDDED...	3/4 cup
011215 GARLIC,RAW.....	1 tsp
019296 HONEY.....	2 Tbsp

1. Mince/smash garlic finely.
2. Combine garlic, lemon juice, olive oil, salt, pepper, red chili flakes, honey and parmesan cheese (optional) in bowl and whisk well together.
3. Wash kale and spin dry. Pull kale leaves off of the center spine and slice either manually with a chef's knife or mechanically using the slicing disc on the food processor into bite-sized or julienned pieces.
4. Add kale to dressing and massage well with gloved hands.

Other optional ingredients:

3/4 C. dried cranberries

3/4 C. toasted, chopped walnuts

1/2 C. pine nuts

3 C. orange segments or pieces (if using, substitute 3 T. of orange juice for the honey)

### EQUIPMENT:

1-Large bowl

1-Whisk

1-Chef's knife, cutting board and non-slip mat OR

Food Processor with slicing disc

2-Measuring cups, gallon, cup

1-Measuring spoons, full set

Gloves

CCP: Refrigerate until served.

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

Calories	65	kcal	Cholesterol	1	mg	Protein	1.60	g	Calcium	61.41	mg	70.26%	Calories from Total Fat
Total Fat	5.09	g	Sodium	109	mg	Vitamin A	300.8	RE	Iron	0.62	mg	12.03%	Calories from Sat Fat
Sat Fat	0.87	g	Carbs	4.34	g	Vitamin A	5165.9	IU	Water <sup>1</sup>	31.14	g	*N/A%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*N/A*	g	D. Fiber	0.69	g	Vitamin C	41.2	mg	Ash <sup>1</sup>	0.79	g	26.64%	Calories from Carbs
												9.81%	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

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