825198 - Tangy Sautéed Kale

Source: Farm to School
Number of Portions: 24
Size of Portion: 1/2 cup

Components:		Recipe Subgroups:	Attributes:
Meat/Alt:		Vegetable, Dark Green	Vegetables
Grains:			
Fruit:			
Vegetable:	0.5 cup		
Milk:			

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	3 CUPS (diced)	
011282 ONIONS,RAW..	2 CUPS (diced)	
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F....	1/4 cup	
799903 GARLIC,GRANULATED....................................	2 tsp	
002047 SALT,TABLE...	1 tsp	
002068 VINEGAR,RED WINE.......................................	1/2 cup	
019335 SUGARS,GRANULATED..................................	1 Tbsp + 1 tsp	
014429 WATER,MUNICIPAL..	1 cup	
011234 KALE,CKD,BLD,DRND,WO/SALT.................................	4 LBS (raw, shredded)	
002030 PEPPER,BLACK...	1 TSP (ground)	

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

Calories	52	kcal	Cholesterol	*0*	mg	Sugars	*2.7*	g	Calcium	52.61	mg	44.79%	Calories from Total Fat
Total Fat	2.59	g	Sodium	114	mg	Protein	1.61	g	Iron	0.70	mg	6.96%	Calories from Saturated Fat
Saturated Fat	0.40	g	Carbohydrates	6.66	g	Vitamin A	8894.3	IU	Water¹	*106.03*	g	*0.00%*	Calories from Trans Fat
Trans Fat²	*0.00*	g	Dietary Fiber	1.82	g	Vitamin C	30.3	mg	Ash¹	*1.00*	g	51.31%	Calories from Carbohydrates
											12.40%	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   Printed 2/10/2017
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.

Allergens							
Milk	**Egg**	**Peanut**	**Tree Nut**	**Fish**	**Shellfish**	**Soy**	**Wheat**
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							

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