

Kale and Apple Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	3.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51187
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
KALE CHPD	1 Cup		897111
CRANBERRY DRIED 300-1.16Z COMM	2 Pound		765981
APPLE SLCD FRSH	1 Pound	Diced	530831
OIL BLND CANOLA/XVRGN 75/25	1 1/3 Cup	1 1/3 cup	743879
VINEGAR APPLE CIDER 5	2/3 Cup	2/3 cup	430795
MUSTARD DIJON JAR	1 Teaspoon		131121
HONEY	1/2 Cup		225614
SALT IODIZED	1 Tablespoon		125557
GARLIC PLD FRESH	2 Teaspoon		428353
VINEGAR BLSM	6 Ounce		383910

Preparation Instructions

Instructions

Combine kale, dried cranberries, and diced apples in a large bowl.

Dressing

Combine all dressing ingredients in a food processor. Process until emulsified.

Toss salad with one cup of dressing at a time, until salad is lightly dressed.

Recipe Notes

Yield 100 servings

Serving Size: 3/4 cup

HACCP Process: #1 No Cook

Crediting: 1/4 cup dark leafy green, 1/4 cup fruit

Nutrition Facts per Serving (0.75cup)

Calories: 81 kcal | Fat: 3.2 g | Saturated fat: 0.4 g | Sodium: 67 mg | Carbohydrates: 12.9 g | Fiber: 2.1 g | Protein: 0.5 g

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.250
GreenVeg	0.750
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.00 Cup

Amount Per Serving			
Calories	36.25		
Fat	3.00g		
SaturatedFat	0.43g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	72.24mg		
Carbohydrates	2.75g		
Fiber	0.27g		
Sugar	2.46g		
Protein	0.04g		
Vitamin A	40.38IU	Vitamin C	0.45mg
Calcium	2.27mg	Iron	0.03mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available