

Kale



Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-15843
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GREENS KALE CHPD	1 #10 CAN		189555
SPICE PEPR BLK REG FINE GRIND	1 Teaspoon		225037
BASE HAM NO ADDED MSG	1 Tablespoon		686691

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 25.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		31.09	
Fat		0.52g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		74.93mg	
Carbohydrates		4.14g	
Fiber		3.10g	
Sugar		1.04g	
Protein		2.07g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	103.47mg	Iron	0.74mg

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

Nutrition - Per 100g

No 100g Conversion Available