

# Kale and Apple Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51187
School:	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KALE CHPD	192 Ounce		897111
CRANBERRY DRIED 300-1.16Z COMM	32 Ounce		765981
APPLE SLCD FRSH	64 Ounce	Diced	530831
OIL BLND CANOLA/XVRGN 75/25	1 Cup		743879
VINEGAR APPLE CIDER 5	1 Cup		430795
MUSTARD DIJON JAR	4 Tablespoon		131121
HONEY	1 Cup		225614
SALT IODIZED	1 Teaspoon		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: 1 cup cup

HACCP Process: #1 No Cook

Crediting: 1/2 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	0.500
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		47.50	
Fat		2.43g	
SaturatedFat		0.34g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		16.43mg	
Carbohydrates		6.69g	
Fiber		1.32g	
Sugar		5.48g	
Protein		0.46g	
Vitamin A	464.67IU	Vitamin C	3.62mg
Calcium	24.48mg	Iron	0.17mg

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

Nutrition - Per 100g

No 100g Conversion Available	
------------------------------	--