

Weston Public Schools

Recipe: 000493 Kale Chips
 Recipe Source: Weston
 Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 6
 Size of Portion: 1/2 each

		Thoroughly wash and dry the kale with a salad spinner. Preheat the oven to 350-degrees. Line a sheet pan.
011233 KALE,RAW.....	2 LB	With a knife or kitchen shears carefully remove the leaves from the thick stem and tear into bite size pieces.
004053 OIL,OLIVE,SALAD OR COOKING, bid.... 117075 SALT & SPICE, CRAZY DAVE'S.....	1 TBSP 1 TSP	Drizzle kale with olive oil and sprinkle with seasoning salt.
		Bake until the edges are brown but are not burnt, 10 - 15 minutes.

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

Calories	95 kcal	Cholesterol	0.00 mg	Protein	4.99 g	Calcium	204.14 mg	31.18%	Calories from Total Fat
Total Fat	3.31 g	Sodium	291.73 mg	Vitamin A	1345.66 RE	Iron	2.58 mg	4.23%	Calories from Saturated Fat
Saturated Fat	0.45 g	Carbohydrates	15.13 g	Vitamin A	23248.10 IU	Water ¹	*127.70* g	*N/A*%	Calories from Trans Fat
Trans Fat ¹	*N/A* g	Dietary Fiber	3.02 g	Vitamin C	181.44 mg	Ash ¹	*2.31* g	63.40%	Calories from Carbohydrates
								20.90%	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

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.250 cup				? - Tree Nut
Milk..... cup				? - Fish
<u>Moisture & Fat Change</u>				? - Shellfish
Moisture Change. 0%				? - Soy
Fat Change..... 0%				? - Wheat
Type of Fat.....				

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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Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011233	KALE,RAW			
I	004053	OIL,OLIVE,SALAD OR COOKING, bid			
I	117075	SALT & SPICE, CRAZY DAVE'S			

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