

# School District of Holmen

**Recipe: 000357 Kale Chips**

**Recipe HACCP Process: #2 Same Day Service**

Recipe Source:  
Recipe Group: VEGETABLES

Alternate Recipe Name:  
Number of Portions: 4  
Size of Portion: 2 oz

011233 KALE,RAW.....	1/2 LB	Remove center rib of Kale. Cut or tear into bite size pieces.. Wash and dry.
004053 OIL,OLIVE,SALAD OR COOKING... 799903 GARLIC,GRANULATED..... 900099 Salt, Coarse, Kosher, Morton.....	1 TBSP 1/4 TSP 1/4 TSP	Combine Garlic and Salt to Olive Oil and Drizzle over Kale pieces  Place on Sheet pan sprayed with cooking spray and bake in a 350 degree oven until edges are slightly browned, about 12-15 minutes

\*Nutrients are based upon 1 Portion Size (2 oz)

Calories	59 kcal	Cholesterol	0.00 mg	Protein	1.90 g	Calcium	76.72 mg	57.79%	Calories from Total Fat
Total Fat	3.77 g	Sodium	136.49 mg	Vitamin A	504.62 RE	Iron	0.99 mg	7.93%	Calories from Saturated Fat
Saturated Fat	0.52 g	Carbohydrates	5.80 g	Vitamin A	8718.04 IU	Water <sup>1</sup>	47.90 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.15 g	Vitamin C	68.07 mg	Ash <sup>1</sup>	0.87 g	39.50%	Calories from Carbohydrates
								12.94%	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

<sup>1</sup> - 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.....	srv.				? - Egg
Fruit.....	cup				? - Peanut
Vegetable.....	cup				? - Tree Nut
Milk.....	fl. oz.				? - Fish
<u>Moisture &amp; Fat Change</u>					? - Shellfish
Moisture Change.	%				? - Soy
Fat Change.....	%				? - Wheat
Type of Fat.....					

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011233	KALE,RAW			

**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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I	004053	OIL,OLIVE,SALAD OR COOKING			
I	799903	GARLIC,GRANULATED			
I	900099	Salt, Coarse, Kosher, Morton			

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