



## 825198 - Tangy Sautéed Kale

Source: Farm to School

Number of Portions: 24

Size of Portion: 1/2 cup

### Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

### Recipe Subgroups:

Vegetable, Dark Green

### Attributes:

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE.... 011282 ONIONS,RAW.....	3 CUPS (diced) 2 CUPS (diced)	
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F.... 799903 GARLIC,GRANULATED..... 002047 SALT,TABLE..... 002068 VINEGAR,RED WINE..... 019335 SUGARS,GRANULATED..... 014429 WATER,MUNICIPAL.....	1/4 cup 2 tsp 1 tsp 1/2 cup 1 Tbsp + 1 tsp 1 cup	
011234 KALE,CKD,BLD,DRND,WO/SALT.....	4 LBS (raw, shredded)	
002030 PEPPER,BLACK.....	1 TSP (ground)	

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

Calories	52 kcal	Cholesterol	*0* mg	Sugars	*2.7* g	Calcium	52.61 mg	44.79%	Calories from Total Fat
Total Fat	2.59 g	Sodium	114 mg	Protein	1.61 g	Iron	0.70 mg	6.96%	Calories from Saturated Fat
Saturated Fat	0.40 g	Carbohydrates	6.66 g	Vitamin A	8894.3 IU	Water <sup>1</sup>	*106.03* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.82 g	Vitamin C	30.3 mg	Ash <sup>1</sup>	*1.00* g	51.31%	Calories from Carbohydrates
								12.40%	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

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							