



## Recipe Production

**Recipe Number:** FS020

**Recipe Name:** FALL KALE AND APPLE SALAD

**Hot:** No

**Recipe Source:** Minneapolis Public Schools

**HACCP Process Category:**

No Cook

**Serving Description:** SERVING: 1/2 CUP OR 1.5 OZ WT

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
110	1/2 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
2530	KALE LACINATO ORG 24 CT 15 LB	10	Pound			(Unassigned)
2101	APPLES GALA 125 CT	1	Pound	12 3/4	Ounce	(Unassigned)
2005	CRANBERRIES DRIED 5 LB	12	Ounce			(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	1	Pint			(Unassigned)
1205	HONEY 6/5 LB	1	Cup	8 1/4	Tbsp	(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	1 1/2	Cup			(Unassigned)
1011	SALT KOSHER 12/3 LB	3	TBSP			(Unassigned)
1105	SPICE PEPPER BLK TBL ORG 80 OZ	1	Tbsp	1	tsp	(Unassigned)
1028	VINEGAR APPLE CIDER 4/1 GAL	1	Pint	1	Cup	(Unassigned)

**Cooking Instructions**

**Cooking Temperature:** 0      **Cooking Times:**    **Hours:** 0      **Minutes:** 0

**Pre-Preparation Instructions**

Recipe Source: Minneapolis Public Schools Nutrition Services  
 Kale yields: 73%  
 Apple yield: 91%

**Preparation Instructions**

Destem, wash, and chop kale.  
 Mix together honey, salt, pepper, juice, vinegar, and oil.  
 Combine dressing with kale. Let sit overnight.  
 Wash, core and dice apples. Add to marinated kale.

**Serving Instructions**



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	7,671.0742	118.3605	69.7370		
Saturated Fat	g	48.0574	0.7415	0.4369	5.64	
Sodium	mg	15,459.2426	238.5277	140.5386		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	357.2258	5.5118	3.2475	41.91	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,145.9639	17.6816	10.4179	59.76	
Total Dietary Fiber	g	104.3459	1.6100	0.9486		
Protein	g	113.6657	1.7538	1.0333	5.93	
Vitamin A (RE)	RE	29,509.2132	455.3111	268.2656		
Vitamin A (IU)	IU	509,569.3927	7,862.3784	4,632.4490		
Vitamin C	mg	4,020.8612	62.0397	36.5533		
Calcium	mg	4,648.3623	71.7217	42.2578		
Iron	mg	66.6841	1.0289	0.6062		
Moisture	g	4,195.7669	64.7384	38.1433		*
Ash	g	90.6124	1.3981	0.8237		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
2530	KALE LACINATO ORG 24 CT 15 LI	1.00	(Unassigned)	10	0.00	LB	/
2101	APPLES GALA 125 CT	1.00	(Unassigned)	4	0.49	PIECE	/
2005	CRANBERRIES DRIED 5 LB	1.00	(Unassigned)	0	0.75	LB	/
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	0	0.50	CONT (32 FL (	/
1205	HONEY 6/5 LB	1.00	(Unassigned)	0	0.22	JUG (5 LB)	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.04	CONTAINER (	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.03	BOX (3 LB)	/
1105	SPICE PEPPER BLK TBL ORG 80	1.00	(Unassigned)	0	0.30	OZ	/
1028	VINEGAR APPLE CIDER 4/1 GAL	1.00	(Unassigned)	0	0.19	GAL	/

**REPORT CRITERIA:**

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: