

GREENS, KALE (FRESH)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
41 cal	8 g	3 g	1 g	0 mg	106 mg	111 mg

Ingredient

WATER
SALT
GREENS,KALE,FRESH

Weight

6-1/4 lbs
5/8 oz
18 lbs

Measure

3 qts
1 tbsp
7 gal 2-1/2 qts

Issue

25-1/3 lbs

Method

- 1 Bring water to a boil in steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add greens; bring water back to a boil. Cover; cook greens 10 to 12 minutes.
- 4 Place greens in serving pans.
- 5 Garnish as desired. CCP: Hold for service at 140 F. or higher.