

Red Bean Swedish Meatballs

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree	Protein Foundations	VG, NF	12	14.95 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	9 cup	3 lb 1.05 oz	0%	3 lb 1.05 oz	Beans, Kidney, canned, drained, rinsed	Place all listed ingredients in step 1 into a food processor and combine until the beans are broken down and all ingredients are combined but not a paste.
	1 tbsp	0 lb 0.23 oz	0%	0 lb 0.23 oz	Onion, powder	
	1 tbsp	0 lb 0.34 oz	0%	0 lb 0.34 oz	Garlic, powder	
	2 tbsp	0 lb 0.58 oz	0%	0 lb 0.58 oz	Salt, Kosher	
	1 tbsp	0 lb 0.24 oz	0%	0 lb 0.24 oz	Pepper, Black, ground	
	1 tbsp	0 lb 0.24 oz	0%	0 lb 0.24 oz	Nutmeg, ground	
	1 tbsp	0 lb 0.21 oz	0%	0 lb 0.21 oz	Allspice, ground	
	3/4 cup	0 lb 3.45 oz	0%	0 lb 3.45 oz	Flour, All-Purpose	
	3/4 cup	0 lb 2.25 oz	0%	0 lb 2.25 oz	Oats, Rolled, dry	



Red Bean Meatball Mixture

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3/4 cup	0 lb 5.76 oz	0%	0 lb 5.76 oz	Oil, Canola	Portion out 1 ounce of the mixture and roll into balls on a parchment lined sheet tray. Freeze for 10 minutes or refrigerate for 20 minutes. Then in a large sauce pan or stock pot heat up the oil and butter. Sear off the meatballs on all sides until golden brown. About 2 minutes a side. Once cooked remove from pot and set aside. Keep warm.
	~ 1 cup	0 lb 6.01 oz	0%	0 lb 6.01 oz	Non-Dairy Butter, Unsalted	



Portioned: 1oz. Meatballs

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1 1/4 cup	0 lb 5.75 oz	0%	0 lb 5.75 oz	Flour, All-Purpose	In the same pot used for the meatballs, add in flour to the butter and oil to make a roux. Cook the roux for about 3-5 minutes or until a blonde roux is achieved. Add in soy milk, dijon and soy sauce. Whisk until smooth. Add in stock. Allow to simmer over low heat for 5-7 minutes until sauce is thick enough to coat the back of a spoon. Carefully add the meatballs back into the sauce.
	1/4 cup	0 lb 2.12 oz	0%	0 lb 2.12 oz	Mustard, Dijon	
	3/4 cup	0 lb 6.90 oz	0%	0 lb 6.90 oz	Soy Sauce, Light Sodium	
	6 cup	3 lb 0.00 oz	0%	3.00 lb	Non-Dairy Milk, Soy, unsweetened	
	3 cup	1 lb 8.00 oz	0%	1 lb 8.00 oz	Stock, Vegetable, low sodium	



Roux



Add Soy Milk & Stock



Add In Cooked Meatballs

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	4 1/2 cup	1 lb 8.00 oz	0%	1 lb 8.00 oz	Pasta, Rotini, cooked	To serve: 3 ounces of cooked pasta, 4-1 ounces meatballs, 2 ounces of sauce, 1/2 teaspoon of parsley.
	2 tbsp	0 lb 0.23 oz	60%	0 lb 0.56 oz	Parsley, Italian, fresh, chopped	



Final Plate

RECIPE IMAGES



Final Plate Stylized

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	11 lb 3.35 oz	0 %	11 lb 3.35 oz	0 %	11 lb 3.35 oz
Size of portion	14.95 oz		14.95 oz		14.95 oz

ADDITIONAL INFO

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NUTRITION INFORMATION

per portion

Energy nutritives		% of energy	Calories	Minerals			
Total fat	29.39 g	37.29 %	696.81 kcal 2,915.45 kJ	Salt	3.74 g		
Saturated	4.04 g	5.12 %		Salt	0.88 %	Vitamins	
Monounsaturated	15.04 g	19.09 %	Sodium	1,601.55 mg	Vitamin A	138.59 µg	
Polyunsaturated	9.28 g	11.78 %	Phosphorus	364.15 mg	Vitamin D	1.36 µg	
Trans fatty acids	2.17 g	2.75 %	Potassium	824.45 mg	Thiamine	0.46 mg	
Cholesterol	0.00 mg		Iron	3.82 mg	Riboflavin	0.43 mg	
Linolenic acid	6.44 g	8.17 %	Calcium	216.69 mg	Niacin	2.69 mg	
Alpha-linolenic acid	1,311.14 mg	1.66 %	Zinc	2.15 mg	Vitamin B6	0.33 mg	
Total Carbohydrate	87.07 g	50.77 %	Magnesium	119.81 mg	Vitamin B12	1.27 µg	
Sugars total	5.92 g		Iodine	0.00 µg	Folate	0.00 µg	
Added sugar	0.00 g	0.00 %	Selenium	44.99 µg	Vitamin C	32.80 mg	
Lactose	0.00 g		Copper	0.57 mg	Vitamin E	4.41 mg	
Fiber	9.45 g	2.59 %			Vitamin K	40.89 µg	
Organic acids	0.00 g	0.00 %			Others		
Sugar alcohol	0.00 g	0.00 %			Water	273.26 g	
Starch	45.89 g	26.76 %					
Protein	22.32 g	13.01 %					
Alcohol	0.00 g	0.00 %					