

Black Bean & Sundried Tomato Pasta

Recipe group Entree, Italian	Additional name PF K-12	Diet factors VG	Portions 12	Portion size 14.82 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	For Meatballs: On a flat top grill, heat oil over medium-high heat. Add onions and cook for 3-5 minutes. Add garlic and cook for 1 minute. Remove from heat and let cool.
	1 cup	0 lb 4.45 oz	9%	0 lb 4.91 oz	Onions, White, small diced	
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	



Onions and garlic done.



Onions and garlic sautéing

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	5 2/3 cup	3 lb 0.00 oz	0%	3.00 lb	Beans, Black, canned, low sodium	In a food processor, pulse onion/garlic mixture, and all ingredients in step 2 until broken down and combined but not over-processed into a paste.
	1 cup	0 lb 5.30 oz	23%	0 lb 6.88 oz	Tomatoes, Sun Dried, julienne, oil drained	
	1 1/4 cup	0 lb 3.50 oz	0%	0 lb 3.50 oz	Crumbs, Panko Bread	
	2 tbsp	0 lb 0.24 oz	0%	0 lb 0.24 oz	Seasoning, Italian	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	
	1 1/2 tsp	0 lb 0.12 oz	0%	0 lb 0.12 oz	Pepper, Black, ground	



Ingredients in food processor



Black bean meatballs pulsed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3						<p>Portion out 1.5 ounce of the mixture and roll into balls on a parchment-lined sheet tray. Freeze for 10 minutes or refrigerate for 30 minutes.</p> <p>*This can be done in advance- place meatballs in hotel pan wrapped in plastic wrap. Freeze until needed.</p>

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Black bean meatballs portioned

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	<p>On a flat top grill, or large skillet, heat oil over medium-high heat. Sear off meatballs on all sides until golden brown and meatball is cooked through, about 2 minutes per side. Meatballs can also be baked in the oven at 400F for 20 minutes or until cooked through-flipping halfway. Hold hot for service.</p>



Meatballs seared off



Meatballs done

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	6 cup	3 lb 4.50 oz	0%	3 lb 4.50 oz	Sauce, Marinara, canned	<p>In a large pot on low heat, heat sauce for 10-15 minutes or until it reaches a simmer. Fold in basil. Hold hot for service.</p>
	1/4 cup	0 lb 0.52 oz	44%	0 lb 0.93 oz	Basil, fresh, chopped	



Simmer marinara w/basil

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	9 cup	3 lb 12.00 oz	0%	3 lb 12.00 oz	Pasta, Penne, whole wheat, cooked	To serve: Add 1 1/4 cup of pasta to a bowl, top with 1/2 cup of sauce, and 4 meatballs.



Final- Black Bean & Sundried Tomato Pasta

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	11 lb 1.90 oz	0 %	11 lb 1.90 oz	0 %	11 lb 1.90 oz
Size of portion	14.82 oz		14.82 oz		14.82 oz

ADDITIONAL INFO

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MEMO

Each serving provides 2 meat/meat alternate, 2 ounce grain equivalent and 1/2 cup of other vegetables.

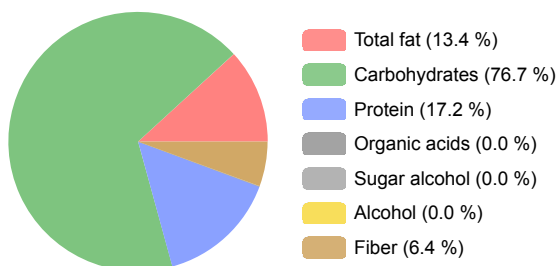
*Meatballs can be frozen and cooked to order for future use.

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			RDI		
Total fat	11.92 g	15 %	13.40 %	786.56 kcal	39 %	Salt	2.41 g				
Saturated	1.50 g	8 %	1.69 %	3,290.93 kJ		Salt	0.57 %			Vitamins	
Monounsaturated	4.67 g		5.25 %			Sodium	957.85 mg	42 %		Vitamin A	38.62 µg 4 %
Polyunsaturated	3.75 g		4.21 %			Phosphorus	717.49 mg	57 %		Vitamin D	0.00 µg 0 %
Trans fatty acids	0.02 g		0.02 %			Potassium	1,631.31 mg	35 %		Thiamine	0.99 mg 82 %
Cholesterol	0.00 mg	0 %				Iron	9.57 mg	53 %		Riboflavin	0.55 mg 42 %
Linolenic acid	3.07 g		3.46 %			Calcium	120.63 mg	9 %		Niacin	15.17 mg 95 %
Alpha-linolenic acid	514.11 mg		0.58 %			Zinc	6.03 mg	55 %		Vitamin B6	0.70 mg 41 %
Total Carbohydrate	148.38 g	54 %	76.65 %			Magnesium	296.07 mg	70 %		Vitamin B12	0.03 µg 1 %
Sugars total	9.65 g	19 %				Iodine	0.00 µg	0 %		Folate	6.78 µg 2 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	114.99 µg	209 %		Vitamin C	23.21 mg 26 %
Lactose	0.00 g					Copper	1.20 mg	133 %		Vitamin E	4.24 mg 28 %
Fiber	26.19 g	94 %	6.37 %							Vitamin K	18.62 µg 16 %
Organic acids	0.00 g		0.00 %							Others	
Sugar alcohol	0.00 g		0.00 %							Water	218.68 g
Starch	85.37 g		44.10 %								
Protein	33.28 g	67 %	17.19 %								
Alcohol	0.00 g		0.00 %								

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	1.26 kg
Main courses	1.77 kg
Desserts	0.80 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.