

# Black Bean Teriyaki Burger

Recipe group Entree, American	Additional name PF K-12	Diet factors VG	Portions 12	Portion size 11.71 oz
----------------------------------	----------------------------	--------------------	----------------	--------------------------

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	5 3/4 cup	3 lb 0.70 oz	0%	3 lb 0.70 oz	Beans, Black, canned, drained, rinsed	For Black Bean Patties - Place beans in to a food processor and pulse to break up but do not process into a paste.



*beans in food processor*



*Processed Beans*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 cup	0 lb 8.61 oz	0%	0 lb 8.61 oz	Sauce, Teriyaki	In a large mixing bowl combine processed beans with all ingredients in step 2. Mix well, making sure breadcrumbs are fully moist and no dry spots in mixture.
	1 1/2 cup	0 lb 4.20 oz	0%	0 lb 4.20 oz	Crumbs, Panko Bread	
	1/2 cup	0 lb 2.30 oz	0%	0 lb 2.30 oz	Flour, All-Purpose	
	4 tsp	0 lb 0.31 oz	0%	0 lb 0.31 oz	Onion, powder	
	1/2 tsp	0 lb 0.06 oz	0%	0 lb 0.06 oz	Garlic, powder	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	
	1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Pepper, Black, ground	



*Black Bean Patty Ingredients*



*Patty Mixture Mixed Thoroughly*

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
3					Measure 4 ounces and press into patties. Place on parchment lined sheet pan, stack in layers if needed with parchment paper between each patty. Cover and hold in cooler for at least 30 minutes.

3



*Forming Patty*

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4	9 1/4 cup	1 lb 2.41 oz	1%	1 lb 2.52 oz Cabbage, Coleslaw Mix	For Slaw - In a large mixing bowl combine all ingredients in step 3 and mix well. Cover and hold in cooler until service.
	1 cup	0 lb 3.00 oz	9%	0 lb 3.31 oz Onions, Red, sliced	
	1 1/2 cup	0 lb 3.12 oz	54%	0 lb 6.72 oz Cilantro, fresh, chopped	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz Salt, Kosher	
	2 tsp	0 lb 0.33 oz	0%	0 lb 0.33 oz Oil, Sesame	



*Slaw Ingredients*



*Slaw Mixed*

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
5	2 1/4 cup	1 lb 1.33 oz	0%	1 lb 1.33 oz Pineapple, canned, crushed with juice <i>12 Rings Total</i>	For Pineapple - Using a bar grill over medium-high heat add pineapple rings. Grill pineapple for about 3-5 minutes or until marks appear then flip. Continue grilling for another 3-5 minutes until marks appear on second side and pineapple is heated through. Hold hot for service.



*Grilling Pineapple*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	1 1/2 cup	0 lb 12.91 oz	0%	0 lb 12.91 oz	Sauce, Teriyaki	To Cook Patties - Preheat oven to 350°F. In a pot heat sauce over medium heat until it comes to a boil. Reduce heat and hold hot. Place patties on a parchment lined sheet pan and brush with teriyaki sauce. Bake in oven for 15 minutes, flip and continue baking for another 10-15 minutes or until internal temperature is 165°F. Remove pan from oven and brush patties with sauce again, then place into hotel pans and hold hot for service.



*Placing Burgers with Sauce into Oven*



*Baked Patty with Sauce*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	12.0 ea	1 lb 5.00 oz	0%	1 lb 5.00 oz	Buns, Hamburger, Wheat, sliced	To plate - Place bottom bun on plate. Add patty to bun. Add pineapple ring to top of patty. Add 4 ounces slaw mixture. Add top half of bun.



*Plating Burger on Bun with Pineapple*



*Adding Slaw and Top Bun*

**RECIPE IMAGES**



*Black Bean Teriyaki Burger*

**ALLERGENS**

-

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 12.54 oz	0 %	8 lb 12.54 oz	0 %	8 lb 12.54 oz
Size of portion	11.71 oz		11.71 oz		11.71 oz

**ADDITIONAL INFO**

-

**MEMO**

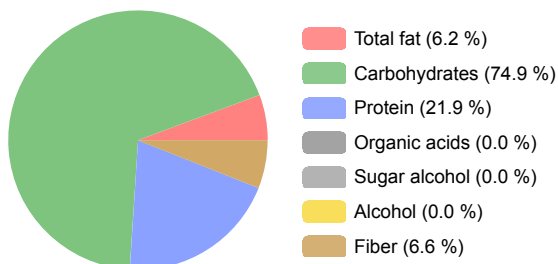
2 oz Meat Alternative (4 oz Black Bean Burger Patty), 2 oz Grain Equivalent (1 x Whole Wheat Bun), 1/2 cup Other Vegetable, 3 Tablespoons Fruit

## NUTRITION INFORMATION

per portion

Energy nutritives			Calories	RDI	Minerals			Vitamins		
		RDI								RDI
		% of energy	677.07 kcal	34 %	Salt	6.08 g		Vitamin A	44.69 µg	5 %
<b>Total fat</b>	4.76 g	6 %	2,832.87 kJ		Salt	1.83 %		Vitamin D	0.00 µg	0 %
Saturated	0.98 g	5 %			Sodium	2,432.95 mg	106 %	Thiamine	1.45 mg	121 %
Monounsaturated	0.90 g				Phosphorus	735.68 mg	59 %	Riboflavin	0.43 mg	33 %
Polyunsaturated	1.95 g				Potassium	2,202.53 mg	47 %	Niacin	6.21 mg	39 %
Trans fatty acids	0.01 g				Iron	13.18 mg	73 %	Vitamin B6	0.59 mg	35 %
Cholesterol	0.00 mg	0 %			Calcium	350.59 mg	27 %	Vitamin B12	0.13 µg	5 %
Linolenic acid	1.60 g				Zinc	3.82 mg	35 %	Folate	8.14 µg	2 %
Alpha-linolenic acid	83.76 mg				Magnesium	276.88 mg	66 %	Vitamin C	29.40 mg	33 %
<b>Total Carbohydrate</b>	124.75 g	45 %			Iodine	0.00 µg	0 %	Vitamin E	0.66 mg	4 %
Sugars total	19.51 g	39 %			Selenium	25.71 µg	47 %	Vitamin K	32.79 µg	27 %
Added sugar	0.00 g	0 %			Copper	1.43 mg	159 %			
Lactose	0.00 g							Others		
<b>Fiber</b>	23.33 g	83 %						Water	153.78 g	
Organic acids	0.00 g									
Sugar alcohol	0.00 g									
Starch	20.07 g									
<b>Protein</b>	36.54 g	73 %								
<b>Alcohol</b>	0.00 g									

## PERCENTAGE OF ENERGY



## CO2



### Comparable values

Snacks	1.00 kg
Main courses	1.39 kg
Desserts	0.63 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.