

Buffalo Chickpea Wrap

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, American	PF K-12	VG	12	12.06 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1 1/4 cup	0 lb 12.00 oz	0%	0 lb 12.00 oz	Sauce, Buffalo, generic	For Buffalo Sauce - In a pot over medium heat combine ingredients in step 1 and bring to a boil, then lower heat to a simmer.
	4 tbsp	0 lb 2.40 oz	0%	0 lb 2.40 oz	Ketchup	
	1/2 cup	0 lb 3.84 oz	0%	0 lb 3.84 oz	Oil, Canola	

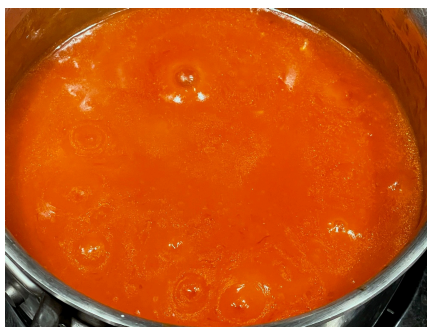


Buffalo Sauce Ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 tbsp	0 lb 0.56 oz	0%	0 lb 0.56 oz	Cornstarch	In a mixing bowl whisk cornstarch and water together to create a smooth paste. Slowly pour cornstarch into sauce and whisk for 1-2 minutes or until mixture can coat back of spoon. Strain and follow proper cooling procedures, then wrap and place into cooler until making Chickpea Crumbles.
	2 tbsp	0 lb 1.00 oz	0%	0 lb 1.00 oz	Water	



Cornstarch and Water



Buffalo Sauce with Cornstarch and Thickening



Buffalo Sauce Strained

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1 1/2 cup	0 lb 13.76 oz	0%	0 lb 13.76 oz	Beans, Cannellini, canned, drained, rinsed	For Dressing - Using a food processor blend all ingredients in step 3 until smooth. If scaling recipe, may need to do this step in batches. Cover and place into cooler if not using immediately.
	2 tsp	0 lb 0.35 oz	0%	0 lb 0.35 oz	Vinegar, Distilled White	
	3 tbsp	0 lb 1.56 oz	59%	0 lb 3.77 oz	Lemons, juice	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Onion, powder	
	1/4 tsp	0 lb 0.01 oz	0%	0 lb 0.01 oz	Dill Weed, dried	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz	Salt, Kosher	



Dressing Ingredients



Dressing Processed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	4 cup	0 lb 7.96 oz	1%	0 lb 8.01 oz	Cabbage, Coleslaw Mix	For Celery Cabbage Slaw - Place ingredients in Step 4 in a large mixing bowl. Add Dressing and mix well. Wrap and place into cooler until service.
	2 cup	0 lb 8.00 oz	31%	0 lb 11.63 oz	Celery, sliced	



Slaw Ingredients



Slaw Mixed with Dressing

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	7 cup	2 lb 8.00 oz	0%	2 lb 8.00 oz	Beans, Garbanzo, canned, drained, rinsed	For Crumbles - Use a food processor to break up beans into smaller pieces, but do not process into a paste. Work in batches as needed. Place beans into a large mixing bowl. Add half of buffalo sauce and remaining ingredients in step 5. Mix well, making sure breadcrumbs are fully moist and no dry spots are in mixture.
	2 cup	0 lb 5.60 oz	0%	0 lb 5.60 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	
	2 tsp	0 lb 0.19 oz	0%	0 lb 0.19 oz	Salt, Kosher	
	2 tsp	0 lb 0.16 oz	0%	0 lb 0.16 oz	Pepper, Black, ground	



Processing Chickpeas



Crumble Ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6						Preheat oven to 350°F. Place chickpea mixture in a single layer onto parchment lined sheet pans and bake for 15 minutes. Rotate pan and use a spatula to move mixture around, and bake for another 15 minutes or until crumbles are dark golden brown. Remove from oven and toss with remaining buffalo sauce. Follow proper cooling procedures, then wrap and place into cooler until service. NOTE - if serving mixture hot, bring second half of buffalo sauce to proper temperature before adding to mixture. Hold hot for service.

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Baking Crumble with Buffalo Sauce

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	12.0 ea	2 lb 0.40 oz	0%	2 lb 0.40 oz	Tortilla, Flour, whole grain, shells, 12"	To assemble - Using a flat top grill or other method, heat tortilla to become pliable. Add 2.5 ounces of Celery Cabbage Slaw in middle of tortilla. Add 4 ounces of Chickpea Crumbles, then top with 1 ounce spinach. Fold corners in and wrap tightly. Cut in half and serve.
	11 1/2 cup	0 lb 12.19 oz	34%	1 lb 2.58 oz	Spinach	



Tortilla with Slaw and Crumble



Adding Spinach

RECIPE IMAGES



Buffalo Chickpea Wrap

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	9 lb 0.70 oz	0 %	9 lb 0.70 oz	0 %	9 lb 0.70 oz
Size of portion	12.06 oz		12.06 oz		12.06 oz

ADDITIONAL INFO

MEMO

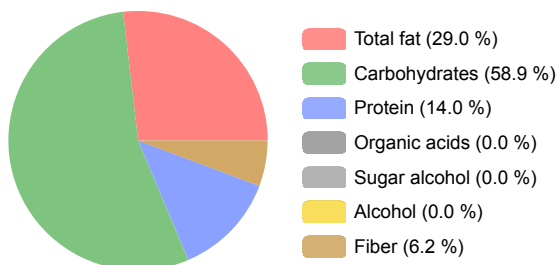
2oz Meat Alternative (4 oz Chickpea Crumbles), 2oz Grain Equivalent (1 x 12-inch Whole Wheat Tortilla), ¼ cup Vegetable Other (Cabbage, Celery), ¾ cup Dark Green Vegetable (Baby Spinach), 2 Tablespoon Red/Orange Vegetables (Carrots)

NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories	RDI	Minerals	RDI	Vitamins	RDI
Total fat	20.32 g	26 %	29.02 %	619.30 kcal	31 %	Salt	4.11 g		
Saturated	4.86 g	24 %	6.95 %	2,591.15 kJ		Salt	1.20 %	Vitamin A	179.51 µg 20 %
Monounsaturated	8.72 g		12.46 %			Sodium	1,643.62 mg 71 %	Vitamin D	0.00 µg 0 %
Polyunsaturated	4.70 g		6.71 %			Phosphorus	465.62 mg 37 %	Thiamine	0.93 mg 78 %
Trans fatty acids	0.04 g		0.05 %			Potassium	877.13 mg 19 %	Riboflavin	0.46 mg 35 %
Cholesterol	0.00 mg	0 %				Iron	6.15 mg 34 %	Niacin	5.65 mg 35 %
Linolenic acid	3.70 g		5.28 %			Calcium	332.75 mg 26 %	Vitamin B6	0.65 mg 38 %
Alpha-linolenic acid	829.93 mg		1.19 %			Zinc	2.95 mg 27 %	Vitamin B12	0.05 µg 2 %
Total Carbohydrate	89.78 g	33 %	58.90 %			Magnesium	152.24 mg 36 %	Folate	10.85 µg 3 %
Sugars total	11.57 g	23 %				Iodine	0.00 µg 0 %	Vitamin C	28.21 mg 31 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	37.74 µg 69 %	Vitamin E	4.68 mg 31 %
Lactose	0.00 g					Copper	0.63 mg 70 %	Vitamin K	162.55 µg 135 %
Fiber	19.93 g	71 %	6.15 %					Others	
Organic acids	0.00 g		0.00 %					Water	202.17 g
Sugar alcohol	0.00 g		0.00 %						
Starch	7.89 g		5.18 %						
Protein	21.35 g	43 %	14.01 %						
Alcohol	0.00 g		0.00 %						

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	1.03 kg
Main courses	1.44 kg
Desserts	0.65 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.