

# Grilled Tofu Gyros

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mediterranean	PF K-12	VG, NF	12	15.52 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3/4 cup	0 lb 5.76 oz	0%	0 lb 5.76 oz	Oil, Canola	For Mediterranean Tofu: In a medium mixing bowl combine all ingredients in step 1, except tofu, and whisk well. Place tofu in a hotel pan and coat in marinade. Cover and place into cooler. Allow to marinate for at least 30 minutes. Drain and discard excess marinade.
	7 tbsp	0 lb 3.63 oz	59%	0 lb 8.79 oz	Lemons, juice	
	3 tbsp	0 lb 1.74 oz	0%	0 lb 1.74 oz	Tomato Paste, canned	
	1 tbsp	0 lb 0.34 oz	0%	0 lb 0.34 oz	Garlic, powder	
	1 tbsp	0 lb 0.21 oz	0%	0 lb 0.21 oz	Oregano, dried, ground	
	2 tsp	0 lb 0.19 oz	0%	0 lb 0.19 oz	Salt, Kosher	
	2 tsp	0 lb 0.14 oz	0%	0 lb 0.14 oz	Cumin, ground	
	2 tsp	0 lb 0.13 oz	0%	0 lb 0.13 oz	Mustard, ground (powder)	
	12 cup	3 lb 12.00 oz	2%	3 lb 13.04 oz	Tofu, Extra Firm, drained, pressed <i>2.5 ounce planks</i>	



*Tofu Marinade.*



*Marinating Tofu.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2						On a bar or flat-top grill over medium-high heat, grill tofu for 4-5 minutes on each side, until slightly charred on all sides and heated through. Tofu can be held in hotel pans in hot box or hot well until ready for service.

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*Grill Tofu.**Tofu Charred.*

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3/4 cup	0 lb 6.88 oz	0%	0 lb 6.88 oz	Beans, Cannellini, canned, drained, rinsed	For Tzatziki Sauce: Combine all ingredients in step 3, except cucumber, in food processor and process until smooth. Fold in cucumber until combined. Tzatziki can be held in sealed container in cooler until ready for service.
1 tbsp	0 lb 0.52 oz	59%	0 lb 1.26 oz	Lemons, juice	
1 1/2 tsp	0 lb 0.25 oz	0%	0 lb 0.25 oz	Vinegar, Apple Cider	
1 tsp	0 lb 0.11 oz	0%	0 lb 0.11 oz	Garlic, powder	
1/2 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Dill Weed, dried	
1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz	Salt, Kosher	
1 cup	0 lb 5.00 oz	5%	0 lb 5.26 oz	Cucumber, with peel, chopped <i>Shredded</i>	

*Process Tzatziki ingredients.**Tzatziki with cucumber folded in.*

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3 cup	0 lb 15.00 oz	5%	0 lb 15.79 oz	Cucumber, with peel, chopped	In a mixing bowl, combine diced tomatoes and cucumbers. Vegetables can be stored in a sealed container in cooler until ready for service.
3 cup	1 lb 1.10 oz	6%	1 lb 2.23 oz	Tomatoes, Roma, small dice	



Diced tomatoes and cucumbers.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	24.0 ea	3 lb 2.79 oz	0%	3 lb 2.79 oz	Pita bread, 6", each <i>Whole Wheat</i>	For Service: 2 Gyros/Serving. Place 2 pita on a plate; layer 1/4 cup lettuce, 1 tofu plank, 1/4 cup tomato and cucumbers and 6 slices pickled onion on each pita. Top each with 1 tablespoon tzatziki.
	6 cup	0 lb 12.00 oz	25%	1.00 lb	Lettuce, Romaine, chopped	
	3/4 cup	0 lb 6.35 oz	0%	0 lb 6.35 oz	Onions, Pickled <i>Red onion.</i>	



Lettuce and Tofu Layers.



Vegetable Layers

**RECIPE IMAGES**



Grilled Tofu Gyros

**ALLERGENS**

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## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	11 lb 10.21 oz	0 %	11 lb 10.21 oz	0 %	11 lb 10.21 OZ
Size of portion	15.52 oz		15.52 oz		15.52 oz

## ADDITIONAL INFO

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## MEMO

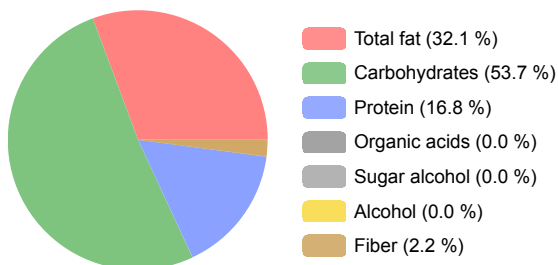
Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and 1/4 cup dark green vegetable, 1/8 cup red/orange vegetable and 1/4 cup other vegetable.

## NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories		Minerals		RDI			
				kcal	RDI						
Total fat	22.42 g	29 %	32.15 %	616.68	31 %	Salt	2.65 g				
				2,580.19		Salt	0.60 %		Vitamins		
Saturated	2.29 g	11 %	3.28 %			Sodium	1,058.20 mg	46 %	Vitamin A	146.83 µg	16 %
Monounsaturated	10.40 g		14.92 %			Phosphorus	325.01 mg	26 %	Vitamin D	0.00 µg	0 %
						Potassium	712.25 mg	15 %	Thiamine	0.94 mg	78 %
Polyunsaturated	8.51 g		12.20 %			Iron	12.41 mg	69 %	Riboflavin	0.54 mg	42 %
						Calcium	658.95 mg	51 %	Niacin	6.46 mg	40 %
Trans fatty acids	0.06 g		0.08 %			Zinc	2.67 mg	24 %	Vitamin B6	0.25 mg	15 %
Cholesterol	0.00 mg	0 %				Magnesium	106.98 mg	25 %	Vitamin B12	0.00 µg	0 %
Linolenic acid	6.70 g		9.61 %			Iodine	0.00 µg	0 %	Folate	99.60 µg	25 %
Alpha-linolenic acid	1,248.21 mg		1.79 %			Selenium	46.82 µg	85 %	Vitamin C	12.92 mg	14 %
Total Carbohydrate	81.47 g	30 %	53.68 %			Copper	0.59 mg	66 %	Vitamin E	3.36 mg	22 %
									Vitamin K	57.29 µg	48 %
Sugars total	5.45 g	11 %							Others		
Added sugar	0.00 g	0 %	0.00 %						Water	305.28 g	
Lactose	0.00 g										
Fiber	7.05 g	25 %	2.18 %								
Organic acids	0.00 g		0.00 %								
Sugar alcohol	0.00 g		0.00 %								
Starch	0.49 g		0.32 %								
Protein	25.47 g	51 %	16.78 %								
Alcohol	0.00 g		0.00 %								

## PERCENTAGE OF ENERGY



## CO2



0.05 kg

### Comparable values

Snacks	1.32 kg
Main courses	1.85 kg
Desserts	0.84 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.