

# Kick'in Kidney Bean Tacos

Recipe group Entree, Mexican	Additional name PF K-12	Diet factors VG, NF	Portions 12	Portion size 11.90 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	10 cup	3 lb 6.50 oz	0%	3 lb 6.50 oz	Beans, Kidney, canned, drained, rinsed	For Kidney Bean Crumble: In a food processor, pulse ingredients in Step 1 until mixture has broken down into a crumble but not a paste. *Crumble can be made the day ahead, place in a wrapped container and hold until service.
	2 1/4 cup	0 lb 6.30 oz	0%	0 lb 6.30 oz	Crumbs, Panko Bread	
	2 tbsp	0 lb 1.02 oz	0%	0 lb 1.02 oz	Salt, Seasoning	
	1 tbsp	0 lb 0.32 oz	0%	0 lb 0.32 oz	Seasoning, Taco <i>Low or no sodium</i>	



*Ingredients in food processor*



*Kidney bean crumble, processed*

	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	On a flat top grill, or large skillet, heat oil over medium-high heat. Cook crumble while constantly stirring for 8-10 minutes or until mixture is golden brown and crispy. Hold hot for service.



*Kidney bean crumble in pan*



*Kidney bean crumble, cooked*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>3</b>	1 cup	0 lb 7.90 oz	0%	0 lb 7.90 oz	Vegan Mayonnaise	For Coleslaw Dressing: In a small mixing bowl, combine all ingredients in step 3. Set dressing aside in cooler.
	2 tbsp	0 lb 1.04 oz	58%	0 lb 2.45 oz	Limes, juice	
	1 1/2 tsp	0 lb 0.17 oz	0%	0 lb 0.17 oz	Garlic, powder	
	1 1/2 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Cumin, ground	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.14 oz	Salt, Kosher	

*Dressing ingredients**Dressing mixed*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>4</b>	8 cup	1 lb 0.02 oz	1%	1 lb 0.12 oz	Cabbage, Coleslaw Mix	For Coleslaw: In a large mixing bowl, combine all ingredients except the cabbage in step 4 until creamy and then fold in cabbage. Add reserved dressing to coleslaw and toss to coat.
	1 1/2 cup	0 lb 8.33 oz	0%	0 lb 8.33 oz	Corn, whole kernels, canned	
	2/3 cup	0 lb 3.00 oz	9%	0 lb 3.31 oz	Onions, Red, small dice	
	3 tbsp	0 lb 0.39 oz	54%	0 lb 0.84 oz	Cilantro, fresh, chopped	

*Coleslaw ingredients**Coated in dressing*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>5</b>	24.0 ea	1 lb 8.55 oz	0%	1 lb 8.55 oz	Tortilla, Corn, 6"	For Assembly: 2 tacos/serving - On a flat top, heat tortillas on both sides until slightly charred. About 1-2 minutes on each side. Or bake at 375°F for 5-7 minutes flipping halfway. Spread 1 ounce of guacamole on top side of tortillas. Top with 1.5 ounces of coleslaw and 2.5 ounces of kidney bean crumble. Garnish with 0.5 ounces of cilantro.
	1 1/2 cup	0 lb 12.72 oz	0%	0 lb 12.72 oz	Guacamole, premade	
	1/4 cup	0 lb 0.52 oz	54%	0 lb 1.12 oz	Cilantro, fresh, chopped	



*Assembly of tacos*



*Final- Kick'in Kidney Bean Tacos*

## ALLERGENS

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## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 14.78 oz	0 %	8 lb 14.78 oz	0 %	8 lb 14.78 oz
Size of portion	11.90 oz		11.90 oz		11.90 oz

## ADDITIONAL INFO

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## MEMO

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

\*If vegan mayonnaise cannot be sourced- refer to our aquafaba mayonnaise recipe on [forwardfood.org](http://forwardfood.org)

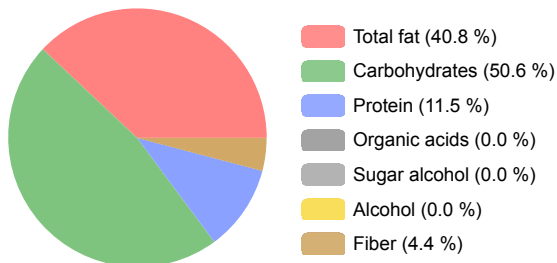
\*Cilantro garnish is optional

## NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			Vitamins			
		RDI	% of energy									RDI
<b>Total fat</b>	<b>23.43 g</b>	<b>30 %</b>	<b>40.79 %</b>	<b>508.01 kcal</b>	<b>25 %</b>	<b>Salt</b>	<b>4.45 g</b>					
Saturated	2.31 g	12 %	4.02 %	2,125.54 kJ		Salt	1.32 %			Vitamin A	10.49 µg	1 %
Monounsaturated	10.45 g		18.20 %			Sodium	1,798.19 mg	78 %		Vitamin D	0.00 µg	0 %
Polyunsaturated	8.42 g		14.66 %			Phosphorus	376.38 mg	30 %		Thiamine	0.38 mg	32 %
Trans fatty acids	0.08 g		0.14 %			Potassium	665.61 mg	14 %		Riboflavin	0.23 mg	18 %
Cholesterol	0.00 mg	0 %				Iron	3.66 mg	20 %		Niacin	2.87 mg	18 %
Linolenic acid	6.61 g		11.50 %			Calcium	146.51 mg	11 %		Vitamin B6	0.32 mg	19 %
Alpha-linolenic acid	1,298.43 mg		2.26 %			Zinc	2.03 mg	18 %		Vitamin B12	0.05 µg	2 %
<b>Total Carbohydrate</b>	<b>63.30 g</b>	<b>23 %</b>	<b>50.63 %</b>			Magnesium	107.43 mg	26 %		Folate	12.20 µg	3 %
Sugars total	5.30 g	11 %				Iodine	0.00 µg	0 %		Vitamin C	22.55 mg	25 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	9.63 µg	18 %		Vitamin E	3.11 mg	21 %
Lactose	0.00 g					Copper	0.36 mg	40 %		Vitamin K	32.65 µg	27 %
<b>Fiber</b>	<b>11.68 g</b>	<b>42 %</b>	<b>4.40 %</b>							Others		
Organic acids	0.00 g		0.00 %							Water	200.12 g	
Sugar alcohol	0.00 g		0.00 %									
Starch	21.92 g		17.53 %									
<b>Protein</b>	<b>14.40 g</b>	<b>29 %</b>	<b>11.52 %</b>									
<b>Alcohol</b>	<b>0.00 g</b>	<b>0.00 %</b>	<b>0.00 %</b>									

## PERCENTAGE OF ENERGY



## CO2



### Comparable values

Snacks	1.01 kg
Main courses	1.42 kg
Desserts	0.64 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.