

Smoky BBQ Tri-tip Tofu Hoagie

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, American	PF Round 2	VG, NF	12	9.98 oz

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
1	1 cup	0 lb	10.00	0%	0 lb	10.00	For BBQ Tofu: In a medium mixing bowl, combine ingredients in Step 1 and whisk well.
			oz			oz	
	1/4 cup	0 lb	1.92	0%	0 lb	1.92	
			oz			oz	
	1/4 cup	0 lb	2.35	0%	0 lb	2.35	
			oz			oz	
	1 tbsp	0 lb	0.24	0%	0 lb	0.24	
			oz			oz	
	2 tsp	0 lb	0.20	0%	0 lb	0.20	
			oz			oz	
	2 tsp	0 lb	0.23	0%	0 lb	0.23	
			oz			oz	
	2 tsp	0 lb	0.15	0%	0 lb	0.15	
			oz			oz	
	2 tsp	0 lb	0.16	0%	0 lb	0.16	
			oz			oz	



BBQ Mixture.

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
2	9 2/3 cup	3 lb	0.00	2%	3 lb	0.83	Heat oven to 400°F. Coat each side of tofu with sauce and place on parchment lined sheet pan about 1 inch apart. Reserve any extra sauce. Bake for 20 minutes.
			oz			oz	
						drained, pressed, cubed	
						<i>cut 2 ounce triangles</i>	



Brush BBQ mixture on tofu.

3	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
					<p>Flip and brush tofu with remaining sauce. Bake for another 10 minutes or until cooked through. Tofu can be held in covered hotel pans in hot box or hot well until ready for service.</p>

3



Brush another layer of BBQ on tofu.



Cooked Tofu.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1 cup	0 lb 7.90 oz	0%	0 lb 7.90 oz	Vegan Mayonnaise	For Chipotle Sauce: In a medium mixing bowl, combine ingredients in Step 4 and whisk well. Chipotle sauce can be stored in sealed container in cooler until ready for service.
	5 tbsp	0 lb 2.50 oz	0%	0 lb 2.50 oz	Water	
	1 tbsp	0 lb 0.52 oz	58%	0 lb 1.22 oz	Limes, juice	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Chili Powder, Chipotle	
	3/4 tsp	0 lb 0.07 oz	0%	0 lb 0.08 oz	Chili Powder	
	1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Paprika, ground	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Salt, Kosher	



Chipotle Sauce.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	12.0 ea	2 lb 4.00 oz	0%	2 lb 4.00 oz	Bread, Hoagie Roll, sliced <i>Toasted.</i>	For Service: Spread 1 tablespoon chipotle sauce on top and bottom of bun, portion 1/4 ounce arugula on bottom bun, top with two tofu triangles, then 1/2 ounce red onion. Cover sandwich with top bun.
	5 cup	0 lb 3.00 oz	3%	0 lb 3.09 oz	Arugula, fresh	
	3/4 cup	0 lb 6.35 oz	0%	0 lb 6.35 oz	Onions, Pickled <i>Red onion.</i>	



Spread chipotle sauce on hoagie bun.



Add arugula and tofu.



Add onions.

RECIPE IMAGES



Smoky BBQ Tri-tip Tofu Hoagie.

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	7 lb 7.81 oz	0 %	7 lb 7.81 oz	0 %	7 lb 7.81 OZ
Size of portion	9.98 oz		9.98 oz		9.98 oz

ADDITIONAL INFO

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MEMO

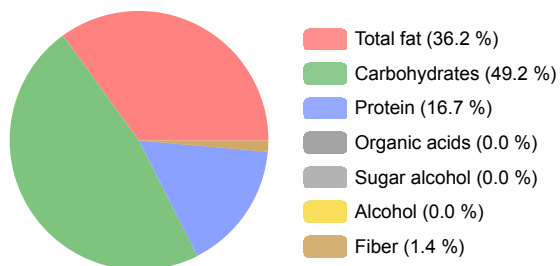
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI		
		RDI	% of energy	481.17 kcal	24 %	Salt	3.47 g			
Total fat	19.70 g	25 %	36.21 %	2,013.22 kJ		Salt	1.22 %			
Saturated	2.45 g	12 %	4.50 %			Sodium	1,383.48 mg	60 %		Vitamins
Monounsaturated	5.77 g		10.60 %			Phosphorus	228.21 mg	18 %	Vitamin A	67.38 µg 7 %
Polyunsaturated	9.15 g		16.81 %			Potassium	415.53 mg	9 %	Vitamin D	0.00 µg 0 %
Trans fatty acids	0.08 g		0.14 %			Iron	9.76 mg	54 %	Thiamine	0.58 mg 48 %
Cholesterol	0.00 mg	0 %				Calcium	568.93 mg	44 %	Riboflavin	0.37 mg 28 %
Linolenic acid	7.80 g		14.34 %			Zinc	1.80 mg	16 %	Niacin	4.32 mg 27 %
Alpha-linolenic acid	578.74 mg		1.06 %			Magnesium	76.14 mg	18 %	Vitamin B6	0.20 mg 12 %
Total Carbohydrate	58.25 g	21 %	49.18 %			Iodine	0.00 µg	0 %	Vitamin B12	0.17 µg 7 %
Sugars total	15.32 g	31 %				Selenium	34.40 µg	63 %	Folate	45.08 µg 11 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.38 mg	42 %	Vitamin C	2.90 mg 3 %
Lactose	0.00 g								Vitamin E	2.31 mg 15 %
Fiber	3.60 g	13 %	1.43 %						Vitamin K	30.69 µg 26 %
Organic acids	0.00 g		0.00 %						Others	
Sugar alcohol	0.00 g		0.00 %						Water	179.95 g
Starch	31.39 g		26.50 %							
Protein	19.80 g	40 %	16.72 %							
Alcohol	0.00 g		0.00 %							

PERCENTAGE OF ENERGY



CO2



0.00 kg

Comparable values

Snacks	0.85 kg
Main courses	1.19 kg
Desserts	0.54 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.