

Tofu Sofritas Burrito Bowl

Recipe group Entree, Mexican	Additional name PF K-12	Diet factors VG	Portions 12	Portion size 17.38 oz
---------------------------------	----------------------------	--------------------	----------------	--------------------------

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	10 1/4 cup	3 lb 8.37 oz	2%	3 lb 9.35 oz	Tofu, Extra Firm, Drained, Pressed	For Tofu Sofritas - Preheat oven to 350°F. Place ingredients in step 1 in a large mixing bowl and crumble tofu into pea size pieces. Mix well.
	1/2 cup	0 lb 3.84 oz	0%	0 lb 3.84 oz	Oil, Canola	
	1/2 cup	0 lb 4.60 oz	0%	0 lb 4.60 oz	Soy Sauce, Light Sodium	
	1/4 cup	0 lb 2.00 oz	0%	0 lb 2.00 oz	Vinegar, Apple Cider	
	1/2 cup	0 lb 2.56 oz	0%	0 lb 2.56 oz	Seasoning, Taco, Low Sodium	



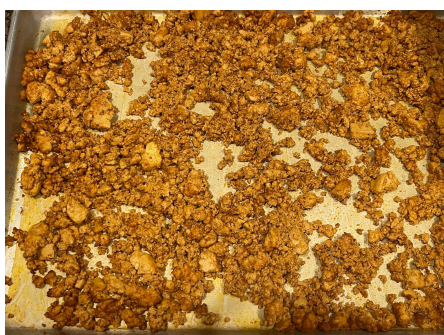
Crumbled Tofu plus Spices



Tofu mixed with Ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2						Place tofu mixture in a single layer on parchment lined sheet pans. Bake for 15 minutes. Rotate pan and use spatula to move mixture around. Bake for another 15 minutes or until tofu is a dark golden brown. Remove from oven and hold hot for service.

2



Sofritas Baked

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
3	3 cup	1 lb 9.41 oz	0%	1 lb 9.41 oz		Beans, Black, canned, drained, rinsed	For Black Bean and Corn Salad - In a large mixing bowl, combine all ingredients in step 3. Place in a sealed container and hold in cooler until service.
	2 cup	0 lb 9.62 oz	71%	2 lb 1.17 oz		Corn, Sweet, frozen Thawed	
	1 cup	0 lb 4.95 oz	0%	0 lb 4.95 oz		Pico de Gallo, premade	



Black Bean and Corn Salad Ingredients



Black Bean and Corn Salad Mixed

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
4	6 tbsps	0 lb 3.11 oz	58%	0 lb 7.34 oz		Limes, juice	For Cilantro-Lime Brown Rice - In a blender place juice, cilantro, oil, and spices and blend on high until fully processed and smooth. Pour over rice and mix well. Hold hot for service.
	3/4 cup	0 lb 1.56 oz	54%	0 lb 3.36 oz		Cilantro, fresh, chopped	
	3/4 cup	0 lb 5.76 oz	0%	0 lb 5.76 oz		Oil, Canola	
	3/4 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz		Cumin, ground	
	3/4 tsp	0 lb 0.07 oz	0%	0 lb 0.07 oz		Salt, Kosher	
	3/4 tsp	0 lb 0.06 oz	0%	0 lb 0.06 oz		Pepper, Black, ground	
	12 cup	5 lb 2.56 oz	0%	5 lb 2.56 oz		Rice, Brown, long grain, cooked	



Cilantro Lime Dressing Ingredients



Cilantro Lime Dressing Processed



Cilantro Lime Dressing with Rice

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	3 1/2 cup	0 lb 6.00 oz	25%	0 lb 8.00 oz	Lettuce, Romaine, shredded	To plate - Place 6.8 ounces Cilantro-Lime Brown Rice into a serving bowl. Add 4.4 ounces of Tofu Sofritas mixture across rice and bowl. Add 3.3 ounces of black bean and corn salad across tofu. Garnish with 0.5 ounce of lettuce.



Rice on Bottom and Sofritas on top



Adding Black Bean and Corn Salad and Lettuce

RECIPE IMAGES



Sofritas Burrito Bowl

ALLERGENS

-

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	13 lb 0.53 oz	0 %	13 lb 0.53 oz	0 %	13 lb 0.53 oz
Size of portion	17.38 oz		17.38 oz		17.38 oz

ADDITIONAL INFO

-

MEMO

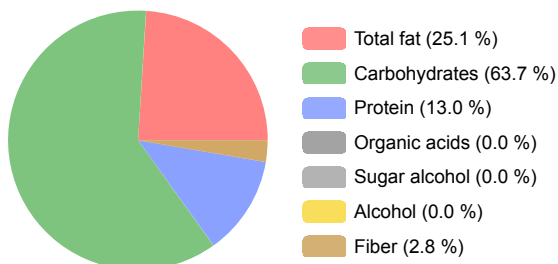
2oz Meat Alternative (4.4 oz Tofu and 1/4 c Black Beans per serving), 2oz Grain Equivalent (6.8 oz Cilantro Lime Brown Rice), 1/4 c Dark Green Vegetable (Shredded Lettuce), 2 Tablespoon Red/Orange (Store Bought Pico de Gallo), 2 Tablespoon (Corn)

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			Vitamins			
		RDI	% of energy									RDI
Total fat	36.25 g	46 %	25.11 %	1,276.86 kcal	64 %	Salt	2.47 g					
Saturated	3.94 g	20 %	2.73 %	5,342.44 kJ		Salt	0.50 %			Vitamin A	79.51 µg	9 %
Monounsaturated	17.98 g		12.45 %			Sodium	988.78 mg	43 %		Vitamin D	0.00 µg	0 %
Polyunsaturated	12.35 g		8.55 %			Phosphorus	1,051.00 mg	84 %		Thiamine	1.77 mg	148 %
Trans fatty acids	0.09 g		0.06 %			Potassium	1,827.95 mg	39 %		Riboflavin	0.45 mg	35 %
Cholesterol	0.00 mg	0 %				Iron	16.00 mg	89 %		Niacin	14.86 mg	93 %
Linolenic acid	9.66 g		6.69 %			Calcium	595.76 mg	46 %		Vitamin B6	1.26 mg	74 %
Alpha-linolenic acid	2,134.86 mg		1.48 %			Zinc	6.82 mg	62 %		Vitamin B12	0.00 µg	0 %
Total Carbohydrate	200.19 g	73 %	63.70 %			Magnesium	384.84 mg	92 %		Folate	0.00 µg	0 %
Sugars total	5.17 g	10 %				Iodine	0.00 µg	0 %		Vitamin C	6.94 mg	8 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	47.53 µg	86 %		Vitamin E	5.46 mg	36 %
Lactose	0.00 g					Copper	1.50 mg	167 %		Vitamin K	50.20 µg	42 %
Fiber	18.91 g	68 %	2.83 %							Others		
Organic acids	0.00 g		0.00 %							Water	206.01 g	
Sugar alcohol	0.00 g		0.00 %									
Starch	141.43 g		45.00 %									
Protein	40.71 g	81 %	12.96 %									
Alcohol	0.00 g		0.00 %									

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	1.48 kg
Main courses	2.07 kg
Desserts	0.94 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.