

Chapli Pinto Burger with Masala Fries

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Indian	PF Round 3	VG, NF, SF	12	16.96 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1/4 cup	0 lb 0.92 oz	0%	0 lb 0.92 oz	Flax seed, brown, ground	For Chapli Patty: In a small mixing bowl combine flaxseed and water. Allow to sit for at least 5 minutes.
	3/4 cup	0 lb 6.00 oz	0%	0 lb 6.00 oz	Water	



Water and flax seed



Flaxseed mixture after 5 minutes

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	In a skillet heat oil over medium-high heat. Add onions and jalapenos and cook until softened, about 3-5 minutes. Add remaining ingredients in step 2, cook until fragrant, about 1 minute. Remove from heat and allow to cool.
	2 cup	0 lb 8.90 oz	9%	0 lb 9.82 oz	Onions, Yellow, small dice	
	1/4 cup	0 lb 0.94 oz	6%	0 lb 1.00 oz	Peppers, Jalapeño, fresh, chopped	
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	
	2 tbsp	0 lb 0.42 oz	0%	0 lb 0.42 oz	Curry Powder, mild	
	1 tbsp	0 lb 0.16 oz	0%	0 lb 0.16 oz	Garam Masala, powder	



Onions and jalapenos in pan



Garlic and spices added



Onion mixture, done

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
3	8 cup	3 lb 0.00 oz	0%		3.00 lb	Beans, Pinto, canned, drained, rinsed	To a food processor add flax seed, onion mixture, and all ingredients in step 3 and pulse to combine. Be sure not to overmix, mixture should be crumbly. Portion into 4oz patties and hold in freezer for 30 minutes. Remove and cook as directed or hold in cooler until service.
	1/2 cup	0 lb 1.04 oz	54%	0 lb 2.24 oz		Cilantro, fresh, chopped	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz		Salt, Kosher	
	1 tbsp	0 lb 0.25 oz	0%	0 lb 0.25 oz		Pepper, Black, table grind	
	2 cup	0 lb 5.60 oz	0%	0 lb 5.60 oz		Crumbs, Panko Bread	



Ingredients in food processor



Mixture combined

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
4	1 1/2 cup	0 lb 11.85 oz	0%	0 lb 11.85 oz		Vegan Mayonnaise	For Mint and Cumin Mayonnaise: In a mixing bowl, combine all ingredients in step 4. Cover and reserve in cooler until needed.
	1/3 cup	0 lb 0.58 oz	58%	0 lb 1.39 oz		Mint, fresh, chopped	
	1/3 cup	0 lb 0.66 oz	17%	0 lb 0.80 oz		Onions, Green, sliced thinly on bias	
	1/4 cup	0 lb 2.12 oz	12%	0 lb 2.40 oz		Garlic, cloves, peeled, minced	
	1 tbsp	0 lb 0.21 oz	0%	0 lb 0.21 oz		Cumin, ground	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz		Salt, Kosher	
	3 tbsp	0 lb 1.56 oz	58%	0 lb 3.67 oz		Limes, juice	



Ingredients in bowl



Mint & cumin mayo combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	3/4 cup	0 lb 5.76 oz	0%	0 lb 5.76 oz	Oil, Canola	On a flat top or skillet on medium-high heat, add oil, and sear patty for 3-5 minutes on each side until patty is caramelized. Hold hot for service.



Formed patties searing off in pan



Patties, cooked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	12 cup	2 lb 14.56 oz	22%	3 lb 11.62 oz	Potato, french fry, regular cut, frozen	For Masala Fries: Preheat fryer to 350°F. Fry fries for 5-7 minutes or until golden brown. In a small bowl, mix salt and garam masala until combined. Toss mixture with fries, hold hot for service.
	2 tbsp	0 lb 0.32 oz	0%	0 lb 0.32 oz	Garam Masala, powder	
	2 1/2 tsp	0 lb 0.24 oz	0%	0 lb 0.24 oz	Salt, Kosher	



Fries cooking in oil



Fries tossed with salt and garam masala



Garam masala & salt combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	12.0 ea	1 lb 5.00 oz	0%	1 lb 5.00 oz	Buns, Hamburger, White, sliced	Assembly: Spread 1 tablespoon of mint & cumin mayo on each side of bun. Layer 1/2 cup spring mix, 1 tomato slice, chapli patty, 1 tablespoon mango chutney, 2 slices of red onion, and 3 pickle chips. Top with bun and serve with 1 cup of masala fries.
	3/4 cup	0 lb 8.47 oz	0%	0 lb 8.47 oz	Chutney, Mango	
	6 cup	0 lb 8.40 oz	2%	0 lb 8.55 oz	Lettuce, Spring Mix	
	12.0 ea	0 lb 8.40 oz	6%	0 lb 8.96 oz	Tomatoes, 1/4" slice, each	
	1 1/2 cup	0 lb 4.50 oz	9%	0 lb 4.97 oz	Onions, Red, sliced	
	1 1/2 cup	0 lb 8.21 oz	0%	0 lb 8.21 oz	Pickle, Dill, sliced	



Assembly of chapli burger



Onions and pickles added



Final- Chapli Burger w Masala Fries

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	12 lb 11.50 oz	0 %	12 lb 11.50 oz	0 %	12 lb 11.50 OZ
Size of portion	16.96 oz		16.96 oz		16.96 oz

ADDITIONAL INFO

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MEMO

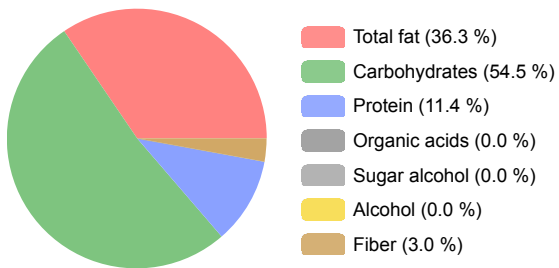
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NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories		Minerals		RDI	
				kcal	RDI				
Total fat	35.59 g	46 %	36.32 %	866.38	43 %	Salt	4.58 g		
Saturated	3.76 g	19 %	3.84 %	3,624.92		Salt	0.95 %		Vitamins
Monounsaturated	14.51 g		14.81 %			Sodium	1,830.66 mg	80 %	Vitamin A
Polyunsaturated	13.10 g		13.37 %			Phosphorus	358.45 mg	29 %	Vitamin D
Trans fatty acids	0.12 g		0.12 %			Potassium	1,660.79 mg	35 %	Thiamine
Cholesterol	0.00 mg	0 %				Iron	7.72 mg	43 %	Riboflavin
Linolenic acid	9.96 g		10.16 %			Calcium	252.04 mg	19 %	Niacin
Alpha-linolenic acid	1,793.57 mg		1.83 %			Zinc	2.33 mg	21 %	Vitamin B6
Total Carbohydrate	116.23 g	42 %	54.51 %			Magnesium	149.24 mg	36 %	Vitamin B12
Sugars total	13.63 g	27 %				Iodine	0.00 µg	0 %	Folate
Added sugar	0.00 g	0 %	0.00 %			Selenium	22.01 µg	40 %	Vitamin C
Lactose	0.00 g					Copper	0.47 mg	52 %	Vitamin E
Fiber	13.80 g	49 %	3.05 %						Vitamin K
Organic acids	0.00 g		0.00 %						Others
Sugar alcohol	0.00 g		0.00 %						Water
Starch	51.62 g		24.21 %						296.09 g
Protein	24.23 g	48 %	11.36 %						
Alcohol	0.00 g		0.00 %						

PERCENTAGE OF ENERGY



CO2



0.03 kg

Comparable values

Snacks	1.44 kg
Main courses	2.02 kg
Desserts	0.91 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.