

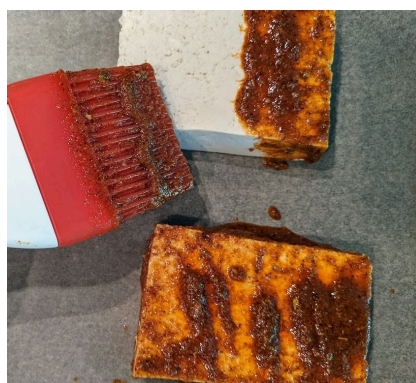
Chipotle Baja Sweet Potato and Tofu Tacos

Recipe group Entree, Mexican	Additional name PF round 3	Diet factors VG, GF, NF	Portions 12	Portion size 8.52 oz
---------------------------------	-------------------------------	----------------------------	----------------	-------------------------

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
1	6 cup	1 lb	14.00	2%	1 lb	14.52 Tofu, Extra Firm, oz drained, pressed, cubed	For Baked Tofu: Preheat oven to 400°F. Cut tofu into 2.5 ounce, 3"x2" planks. In a medium bowl, combine remaining ingredients in step 1 and mix well. Brush each side of tofu slices with sauce mixture and place on lined sheet pan in a single layer.
	5 tbsp	0 lb	2.40	0%	0 lb	2.40 Oil, Canola oz	
	2 tbsp	0 lb	1.00	0%	0 lb	1.00 Vinegar, Apple Cider oz	
	2 tbsp	0 lb	1.00	0%	0 lb	1.00 Stock, Vegetable oz	
	4 tsp	0 lb	0.28	0%	0 lb	0.28 Cumin, ground oz	
	4 tsp	0 lb	0.40	0%	0 lb	0.40 Chili Powder oz	
	2 tsp	0 lb	0.23	0%	0 lb	0.23 Garlic, powder oz	
	2 tsp	0 lb	0.15	0%	0 lb	0.15 Onion, powder oz	
	2 tsp	0 lb	0.19	0%	0 lb	0.19 Salt, Kosher oz	
	1 tsp	0 lb	0.08	0%	0 lb	0.08 Paprika, Smoked, ground oz	
	1/2 tsp	0 lb	0.05	0%	0 lb	0.05 Chili Powder, oz Chipotle	



Cut tofu into planks



Brush tofu with mixture.

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
2				Bake for 20 minutes then flip each tofu piece. Bake until crispy, about 15 more minutes. Tofu can be held in hotel pans in hot well until ready for tacos.

2



*Mexican style
baked tofu planks.*

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
3				For Chipotle Sweet Potatoes: Preheat oven to 400°F. Whisk to combine all ingredients in step 3, except sweet potatoes. Add sweet potatoes and toss to coat. Spread on lined sheet pan in a single layer.
6 tbsp	0 lb 2.88 oz	0%	0 lb 2.88 oz Oil, Canola	
2 tbsp	0 lb 1.09 oz	0%	0 lb 1.09 oz Chipotle Peppers in Adobo Sauce, canned <i>minced</i>	
1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz Salt, Kosher	
1 tbsp	0 lb 0.24 oz	0%	0 lb 0.24 oz Paprika, ground	
1 1/2 tsp	0 lb 0.17 oz	0%	0 lb 0.17 oz Garlic, powder	
4 1/2 cup	1 lb 5.15 oz	25%	1 lb 12.20 oz Sweet Potato, peeled, medium diced	



Toss Sweet potatoes with spices.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4					Bake for 40 minutes, until crispy. Chipotle Sweet Potatoes can be held in hotel pans in hot well until ready for tacos.



Baked sweet potatoes.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
5	3/4 cup	0 lb 5.93 oz	0%	0 lb 5.93 oz Vegan Mayonnaise	For Avocado Cilantro Crema: Combine all ingredients in step 5, except cilantro, in a blender and process until smooth. Add Cilantro and pulse until flaked throughout. Crema can be stored in a sealed container in cooler until ready for service.
	3/4 cup	0 lb 4.05 oz	21%	0 lb 5.15 oz Avocados, fresh, medium dice	
	3 tbsp	0 lb 1.56 oz	58%	0 lb 3.67 oz Limes, juice	
	1 tbsp	0 lb 0.50 oz	0%	0 lb 0.50 oz Vinegar, Apple Cider	
	1 tsp	0 lb 0.11 oz	0%	0 lb 0.11 oz Garlic, powder	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz Salt, Kosher	
	3/4 cup	0 lb 2.52 oz	54%	0 lb 5.43 oz Cilantro, fresh, leaves	



Blend crema ingredients.



Avocado Cilantro Crema.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
6	24.0 ea	1 lb 8.55 OZ	0%	1 lb 8.55 OZ Tortilla, Corn, 6"	For Tacos: Preheat oven to 400°F. Wrap tortillas in a damp paper towel and microwave for 30-60 seconds or place in steamer for 1 minute. Keep warm as you build tacos, this prevents cracking. On a lined sheet pan, add half of a 2.5 ounce tofu plank and 2 tablespoons potatoes to each tortilla. Fold and spray each side with pan spray. Bake for 10 minutes, until crispy.



Build tacos.



Bake Tacos

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	1/4 cup	0 lb 1.11 oz	9%	0 lb 1.23 oz	Onions, Red, small dice	For Service: Portion 2 tacos onto a plate, top each with 1/2 teaspoon red onion, 1/4 teaspoon cilantro and 1 tablespoon of drizzled crema.
	2 tbsp	0 lb 0.26 oz	54%	0 lb 0.56 oz	Cilantro, fresh, chopped	

RECIPE IMAGES



Chipotle Baja Sweet Potato and Tofu Tacos

ALLERGENS

-

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	6 lb 6.24 oz	0 %	6 lb 6.24 oz	0 %	6 lb 6.24 oz
Size of portion	8.52 oz		8.52 oz		8.52 oz

ADDITIONAL INFO

-

MEMO

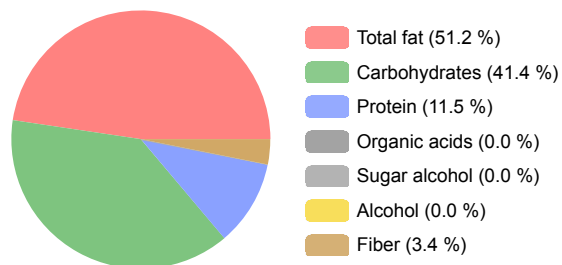
-

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy	411.57 kcal	21 %	Salt	1.80 g	Vitamins	
Total fat	23.84 g	31 %	51.23 %	1,722.05 kJ		Salt	0.75 %	Vitamin A	427.59 µg 48 %
Saturated	2.35 g	12 %	5.06 %			Sodium	736.76 mg 32 %	Vitamin D	0.00 µg 0 %
Monounsaturated	10.88 g		23.37 %			Phosphorus	306.33 mg 25 %	Thiamine	0.19 mg 16 %
Polyunsaturated	8.92 g		19.17 %			Potassium	536.23 mg 11 %	Riboflavin	0.16 mg 12 %
Trans fatty acids	0.07 g		0.15 %			Iron	5.92 mg 33 %	Niacin	1.81 mg 11 %
Cholesterol	0.00 mg	0 %				Calcium	338.54 mg 26 %	Vitamin B6	0.38 mg 22 %
Linolenic acid	7.23 g		15.53 %			Zinc	1.80 mg 16 %	Vitamin B12	0.00 µg 0 %
Alpha-linolenic acid	1,159.50 mg		2.49 %			Magnesium	95.05 mg 23 %	Folate	0.00 µg 0 %
Total Carbohydrate	41.92 g	15 %	41.38 %			Iodine	0.00 µg 0 %	Vitamin C	7.22 mg 8 %
Sugars total	3.77 g	8 %				Selenium	11.13 µg 20 %	Vitamin E	3.86 mg 26 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.38 mg 42 %	Vitamin K	43.38 µg 36 %
Lactose	0.00 g							Others	
Fiber	7.30 g	26 %	3.39 %					Water	157.85 g
Organic acids	0.00 g		0.00 %						
Sugar alcohol	0.00 g		0.00 %						
Starch	6.33 g		6.25 %						
Protein	11.65 g	23 %	11.50 %						
Alcohol	0.00 g		0.00 %						

PERCENTAGE OF ENERGY



CO2



0.00 kg

Comparable values

Snacks	0.72 kg
Main courses	1.01 kg
Desserts	0.46 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.