

Crispy Tuscan Bean Falafel Wrap

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mediterranean	PF Round 3	VG, NF, SF	12	18.37 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	8 cup	4 lb 8.00 oz	0%	4 lb 8.00 oz	Beans, Cannellini, canned, drained, rinsed	For Falafel: In a food processor, add all ingredients in step 1. Pulse to combine. Do not overmix to a paste. Portion into 2oz balls. Place falafel in freezer for at least 30 minutes before cooking. Remove and cook as directed, or store in cooler or freezer for future use.
	1/2 cup	0 lb 2.23 oz	9%	0 lb 2.46 oz	Onions, White, small diced	
	2 tsp	0 lb 0.35 oz	12%	0 lb 0.40 oz	Garlic, cloves, peeled, minced	
	1 tbsp	0 lb 0.58 oz	0%	0 lb 0.58 oz	Tomato Paste, canned	
	1 cup	0 lb 3.50 oz	0%	0 lb 3.50 oz	Bread Crumbs, dry, plain	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.14 oz	Salt, Kosher	
	3/4 tsp	0 lb 0.06 oz	0%	0 lb 0.06 oz	Red Pepper Flakes	
	3 tbsp	0 lb 0.36 oz	0%	0 lb 0.36 oz	Seasoning, Italian	
	1 1/2 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Fennel Seeds, whole	
	1 tbsp	0 lb 0.21 oz	0%	0 lb 0.21 oz	Lemons, zest	
	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	



Ingredients in food processor



Falafel mixture, processed



Mixture formed into 2oz balls

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 cup	0 lb 6.72 oz	54%	0 lb 14.48 oz	Cilantro, fresh, leaves	For Cilantro Mint Chutney: To a blender, add all ingredients in step 3 and process until smooth. Cover and place in cooler until use.
	2 cup	0 lb 3.44 oz	58%	0 lb 8.23 oz	Mint, fresh, whole leaf	
	2 tbsp	0 lb 0.47 oz	13%	0 lb 0.55 oz	Peppers, Serrano, chopped	
	4 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Ginger, fresh, sliced	
	2 tsp	0 lb 0.14 oz	0%	0 lb 0.14 oz	Cumin, ground	
	2 tsp	0 lb 0.35 oz	59%	0 lb 0.84 oz	Lemons, juice	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	
	1 cup	0 lb 8.00 oz	0%	0 lb 8.00 oz	Water	



Ingredients in blender



Chutney, processed



Cilantro mint chutney, done

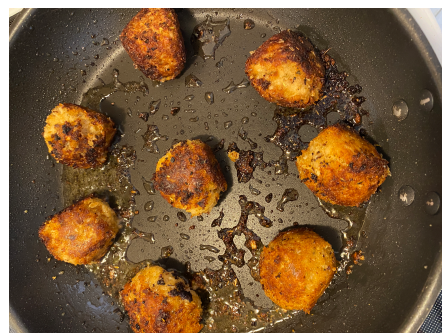
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/4 cup	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	In a skillet or flat top heat oil over medium-high heat. Once oil is up to heat, sear off falafel for 2-3 minutes on each side until browned and slightly crispy. Remove falafel and allow any excess oil to drain off. Hold hot for service.



Falafel in skillet



Falafel searing



Falafel, seared

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	12 cup	2 lb 14.56 oz	22%	3 lb 11.62 oz	Potato, french fry, regular cut, frozen	For Fries: Preheat fryer to 350°F and fry fries for 5-7 minutes or until golden brown. Drain and toss with salt. Hold hot for service.
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.14 oz	Salt, Kosher	



Fries cooking



Fries tossed in salt

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	12.0 ea	1 lb 9.40 oz	0%	1 lb 9.40 oz	Pita bread, 10", each	To Serve: Slice pita bread in half widthwise and partially layer over each other. Add 1 cup of spring mix, place 3 falafel balls on pita, and lightly smash them. Top with 2 tablespoons of cherry tomatoes, red onions, cucumber, and pickles; and 1 tablespoon of parsley. Drizzle 2 tablespoons of cilantro mint chutney. Roll tightly, ensuring both ends are tucked-in and slice in half. Serve with 1 cup of fries.
	12 cup	1 lb 0.80 oz	2%	1 lb 1.09 oz	Lettuce, Spring Mix	
	1 1/2 cup	0 lb 7.70 oz	5%	0 lb 8.10 oz	Tomatoes, Cherry, small	
	1 1/2 cup	0 lb 4.50 oz	9%	0 lb 4.97 oz	Onions, Red, sliced	
	1 1/2 cup	0 lb 7.20 oz	5%	0 lb 7.58 oz	Cucumber, with peel, sliced	
	1 1/2 cup	0 lb 8.21 oz	0%	0 lb 8.21 oz	Pickle, Dill, sliced	
	3/4 cup	0 lb 1.35 oz	60%	0 lb 3.35 oz	Parsley, Italian, fresh, chopped	



Falafel wrap topped with ingredients



Wrap sliced in half



Final- Crispy Tuscan Bean Falafel Wrap

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	13 lb 12.45 oz	0 %	13 lb 12.45 oz	0 %	13 lb 12.45 oz
Size of portion	18.37 oz		18.37 oz		18.37 oz

ADDITIONAL INFO

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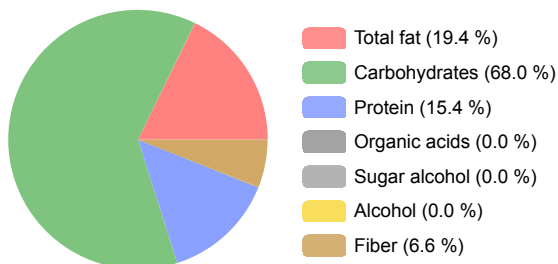
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy					Vitamins	
Total fat	15.61 g	20 %	19.45 %	709.71 kcal	35 %	Salt	3.21 g		
Saturated	2.01 g	10 %	2.50 %	2,969.42 kJ		Salt	0.62 %		Vitamin A 244.81 µg 27 %
Monounsaturated	6.76 g		8.43 %			Sodium	1,279.52 mg	56 %	Vitamin D 0.00 µg 0 %
Polyunsaturated	4.69 g		5.85 %			Phosphorus	503.99 mg	40 %	Thiamine 1.08 mg 90 %
Trans fatty acids	0.03 g		0.03 %			Potassium	1,775.11 mg	38 %	Riboflavin 0.47 mg 36 %
Cholesterol	0.00 mg	0 %				Iron	9.75 mg	54 %	Niacin 6.81 mg 43 %
Linolenic acid	3.49 g		4.35 %			Calcium	278.37 mg	21 %	Vitamin B6 0.69 mg 41 %
Alpha-linolenic acid	867.04 mg		1.08 %			Zinc	3.31 mg	30 %	Vitamin B12 0.03 µg 1 %
Total Carbohydrate	118.78 g	43 %	68.00 %			Magnesium	188.85 mg	45 %	Folate 56.58 µg 14 %
Sugars total	4.14 g	8 %				Iodine	0.00 µg	0 %	Vitamin C 29.64 mg 33 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	21.76 µg	40 %	Vitamin E 2.55 mg 17 %
Lactose	0.00 g					Copper	0.61 mg	68 %	Vitamin K 173.39 µg 144 %
Fiber	24.35 g	87 %	6.56 %						Others
Organic acids	0.00 g		0.00 %						Water 350.59 g
Sugar alcohol	0.00 g		0.00 %						
Starch	30.60 g		17.52 %						
Protein	26.93 g	54 %	15.42 %						
Alcohol	0.00 g	0.00 %	0.00 %						

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	1.56 kg
Main courses	2.19 kg
Desserts	0.99 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.