# **Cuban Black Bean Fritters Rice Bowl**

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Caribbean	PF Round 3	VG	12	13.40 oz

Capacity measure	EP	Trim loss	AP	Name of ingredient
1/2 cup	0 lb 2.82 oz	0%	0 lb 2.82 oz	Onions, Yellow, chopped
1 cup	0 lb 5.20 oz	19%	0 lb 6.40 oz	Pepper, Bell, Red, chopped
1/2 cup	0 lb 1.04 oz	54%	0 lb 2.24 oz	Cilantro, fresh, chopped
2 cup	1 lb 0.94 oz	0%	1 lb 0.94 oz	Beans, Black, canned, drained, rinsed
				Reserve Aquafaba (Bean Juice)
2 tbsp	0 lb 0.42 oz	0%	0 lb 0.42 oz	Cumin, ground
1 tbsp	0 lb 0.21 oz	0%	0 lb 0.21 oz	Oregano, dried, ground
2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced
2 tsp	0 lb 0.19 oz	0%	0 lb 0.19 oz	Salt, Kosher
1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Pepper, Black, ground

For Black Bean Fritters - Heat a fryer 350 degrees. In a food processor bowl, combine all ingredients in step 1. Pulse until mixture is broken down, but not into a paste, scraping the sides as needed.

Methods



1



Black Bean Ingredients

Processed in Food Processor

	Capacity measure	EP	Trim loss	AP	Name of ingredient
2	6 tbsp	0 lb 3.00 oz	0%	0 lb 3.00 oz	Aquafaba (bean juice)
2	1 cup	0 lb 4 25 oz	0%	0 lb 4 25 oz	Flour Chicknea

In a large mixing bowl, remove contents from food processor and add ingredients in step 2. Mix until thoroughly combined, Place in fridge for at least an hour. Reserve.





All ingredients in bowl

Fritter mixture

Capacity		Trim			
measure	EP	loss	AP	Name of ingredient	Methods

3

Scoop mixture into 1.5 ounce balls. Place into fryer and allow to cook for 5-6 minutes, or until dark golden brown. Remove and drain on paper towels. Keep hot for service.

3







Scooping Fritters

Fritters in Fryer

Fritters out of Fryer



Fritters Draining on Paper Towels

	measure	EP	loss	AP	Name of ingredient	Methods
4	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	For Vegetable Mixt
	2 tsp	0 lb 0.19 oz	0%	0 lb 0.19 oz	Salt, Kosher	to 425 degrees. In
	6 cup	1 lb 12.20 oz	25%	2 lb 5.60 oz	Sweet Potato, peeled, medium diced	combine ingredient combined. Place of sheet pan and bake
	6 cup	1 lb 2.00 oz	9%	1 lb 3.87 oz	Onions, Red, sliced 1/4 inch slices	until sweet potatoe onions are slightly every 10 minutes.
						overy to minutes.

For Vegetable Mixture - Preheat oven to 425 degrees. In a mixing bowl, combine ingredients in step 5. Toss until combined. Place on parchment lined sheet pan and bake for 30 minutes or until sweet potatoes are tender and onions are slightly charred, rotating pan







Tossing Sweet Potato and Onion

5

Vegetables on Sheet Pan

Roasted Vegetables

neasure	EP	loss	AP	Name of ingredient	Methods

6 cup 0 lb 7.62 oz 34% 0 lb 11.58 oz Chard, Swiss, fresh *Torn* 

Remove sheet pan from oven and quickly add chard to pan, and allow to wilt. Place mixture into holding vessel and keep hot for service.



Adding Chard and allowing to wilt

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	6 tbsp	0 lb 3.00 oz	0%	0 lb 3.00 oz	Oranges, juice	For Mojo Sauce - In a blender place
	3 tbsp	0 lb 1.56 oz	58%	0 lb 3.67 oz	Limes, juice	all ingredients in step 6 and blend until
6 6 3 3 3 3 4 2/3	3 tbsp	0 lb 0.71 oz	13%	0 lb 0.82 oz	Peppers, Serrano, deseeded	smooth. Cover and place into cooler until service.
3.	2 tsp	0 lb 0.35 oz	12%	0 lb 0.40 oz	Garlic, cloves, peeled, minced	
	3/4 cup	0 lb 2.52 oz	54%	0 lb 5.43 oz	Cilantro, fresh, large stems removed	
	2/3 cup	0 lb 5.15 oz	0%	0 lb 5.15 oz	Oil, Canola	
	4 tsp	0 lb 0.59 oz	0%	0 lb 0.59 oz	Sugar, White, granulated	
	2 tsp	0 lb 0.19 oz	0%	0 lb 0.19 oz	Salt, Kosher	





Mojo Ingredients in Blender

Mojo Sauce

	Capacity measure	EP	Trim loss	AP	Name of ingredient		
7	12 cup	3 lb 6.60 oz	0%	3 lb 6.60 oz	Rice, Jasmine, cooked		
	4 tbsp	0 lb 0.64 oz	54%	0 lb 1.38 oz	Cilantro, fresh, minced		
	4 tbsp	0 lb 1.25 oz	0%	0 lb 1.25 oz	Sunflower Seeds, roasted, salted		

To plate - Place 1 cup rice in bottom of bowl. Toss 1 cup of vegetable mixture with 1 Tablespoon of Mojo sauce and place on right side of bowl. Stagger 3 fritters on left side. Garnish with 1 Tablespoon of Mojo sauce, 1 teaspoon cilantro, and 1 teaspoon sunflower seeds.

Methods



Platting with Rice on Bottom



Vegetable Mixture Tossed w/ Mojo Sauce and Fritter



Cuban Black Bean Fritters Rice Bowl

# **RECIPE IMAGES**



Cuban Black Bean Fritters Rice Bowl

# **ALLERGENS**

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#### **WEIGHTS**

	Raw	Cooking ioss	Cooked	LUSS WHEN SERVED	FIIIdi
Total weight	10 lb 0.74 oz	0 %	10 lb 0.74 oz	0 %	10 lb 0.74 oz
Size of portion	13.40 oz		13.40 oz		13.40 oz

### **ADDITIONAL INFO**

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### **MEMO**

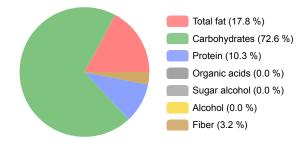
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# **NUTRITION INFORMATION**

per portion

por portion					Minerals		RDI				
		% of	Calories	RDI	Salt	1.59 g	KDI				
Energy nutritives		RDI energy	901.78 kcal	45 %	Salt	0.42 %		Vitamins	RI	DI	
Total fat	18.17 g	23 % 17.82 %	3,773.06 kJ		Sodium Phosphorus	635.24 mg 393.24 mg	28 % 31 %	Vitamin A	566.05 63 9 µg	%	
Saturated	1.57 g	8 % 1.54 %	10.10 %	.54 %	1.54 %	Potassium	1,294.54	28 %	Vitamin	0.00 µg 0 %	0/2
Monounsaturated	10.30 g	10.10 %				mg		D			
Polyunsaturated	5.56 g	5.45 %			Iron	8.22 mg	46 %	Thiamine	J		
Trans fatty acids	0.06 g	0.06 %			Calcium	159.11 mg	12 %	Riboflavir	J		
Cholesterol	0.00 mg	0 %			Zinc Magnesium	3.38 mg 167.24 mg	31 %	Niacin	4.92 mg 31 %		
Linolenic acid	4.13 g	4.05 %					40 %	Vitamin B6	0.66 mg 39 <sup>9</sup>	%	
Alpha-linolenic acid	1,321.33 mg	1.30 %			lodine	0.00 µg	0 %	Vitamin	0.00 µg 0 9	0/.	
Total Carbohydrate	161.21 g	59 % 72.63			Selenium	24.66 µg	45 %	B12	υ.υυ μς υ	70	
, , , , , , , , , , , , , , , , , , , ,		%			Copper	0.98 mg	109 %	Folate	0.00 µg 0 %	%	
Sugars total	9.36 g	19 %					%	Vitamin	27.10 mg 30 %		
Added sugar	0.00 g	0 % 0.00 %						С			
Lactose	0.00 g							Vitamin	4.65 mg 31 %	%	
Fiber	15.27 g	55 % 3.24 %						E			
Organic acids	0.00 g	0.00 %						Vitamin	198.76 16	-	
Sugar alcohol	0.00 g	0.00 %						K	μg	%	
Starch	8.43 g	3.80 %									
Protein	22.95 g	46 % 10.34									
		%						Others			
Alcohol	0.00 g	0.00 %						Water	172.07	g	

# PERCENTAGE OF ENERGY



### CO<sub>2</sub>



02 kg .

Comparable values
Snacks 1.14 kg
Main courses 1.59 kg
Desserts 0.72 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.