

Mushroom Lentil Bahn Mi Burger

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Asian	PF Round 3	VG	12	10.37 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 tbsp	0 lb 0.69 oz	0%	0 lb 0.69 oz	Flax seed, brown, ground	For Mushroom Lentil Patty - Combine ingredients in step 1 and allow to sit for at least 5 minutes.
	6 tbsp	0 lb 3.00 oz	0%	0 lb 3.00 oz	Water	



Flaxseed and Water

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 tbsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Oil, Canola	In a large skillet, heat oil over medium high heat. Add onions and jalapeno and cook until tender, about 3-4 minutes. Add garlic and cook for 1 minute. Add mushrooms and cook until water has evaporated, about 4-5 minutes. Remove from heat and allow to cool.
	1 cup	0 lb 4.45 oz	9%	0 lb 4.91 oz	Onions, Yellow, small dice	
	2 tbsp	0 lb 0.47 oz	6%	0 lb 0.50 oz	Peppers, Jalapeño, fresh, chopped	
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	
	4 1/2 cup	1 lb 0.20 oz	6%	1 lb 1.27 oz	Mushrooms, White Button, chopped	



*Sautéing Onions
Jalapeno and Garlic*



Adding Mushrooms



*Mushroom Mixture
Finished Cooking*

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
3	2 cup	0 lb 10.68 oz	0%	0 lb 10.68 oz		Farro, cooked	In a large mixing bowl combine flax seed mixture, cooled mushroom mixture, and all ingredients in step 3. Measure 4 oz patties and place on a parchment lined sheet pan. Cover and place in cooler for at least an hour.
	2 tbsp	0 lb 1.15 oz	0%	0 lb 1.15 oz		Soy Sauce, Light Sodium	
	2 tbsp	0 lb 1.16 oz	0%	0 lb 1.16 oz		Tomato Paste, canned	
	1/2 cup	0 lb 1.04 oz	54%	0 lb 2.24 oz		Cilantro, fresh, chopped	
	1/2 cup	0 lb 1.00 oz	17%	0 lb 1.21 oz		Onions, Green, sliced thinly on bias	
	2 cup	0 lb 13.54 oz	0%	0 lb 13.54 oz		Beans, Lentils, cooked	
	2/3 cup	0 lb 2.46 oz	0%	0 lb 2.46 oz		Flour, Oat	
	1/4 cup	0 lb 1.12 oz	0%	0 lb 1.12 oz		Cornstarch	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz		Salt, Kosher	
	1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz		Pepper, Black, ground	



Ingredients in a Bowl



Patty Mixture



4 ounce Patty

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
4	1/4 cup	0 lb 1.92 oz	0%	0 lb 1.92 oz		Oil, Canola	In a large skillet, heat 1 Tablespoon oil over medium heat. Add 3 patties to pan and cook for 3-5 minutes on each side until golden brown. Hold patties hot for service.



Cooking Patty



Second Side

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5 6 cup	0 lb 11.94 oz	1%	0 lb 12.01 oz	Cabbage, Coleslaw Mix	For Quick Pickle Slaw - Combine all ingredients in step 5 and mix well. Allow to sit for 15 minutes, tossing mixture once or twice making sure all ingredients are becoming soft. Drain excess water.
3 cup	0 lb 11.70 oz	19%	0 lb 14.39 oz	Carrots, peeled, shredded	
1/4 cup	0 lb 0.98 oz	6%	0 lb 1.04 oz	Peppers, Jalapeño, fresh, sliced <i>Slice Thin</i>	
4 tbsp	0 lb 1.77 oz	0%	0 lb 1.78 oz	Sugar, White, granulated	
4 tsp	0 lb 0.39 oz	0%	0 lb 0.39 oz	Salt, Kosher	



Slaw ingredients in bowl



Slaw after mixing and fermenting

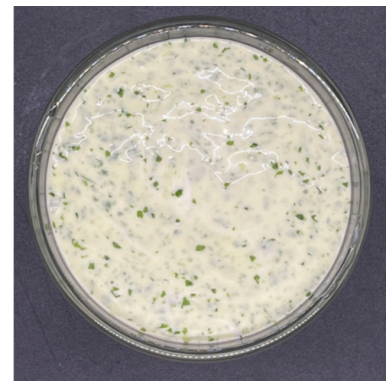
Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6 3/4 cup	0 lb 5.93 oz	0%	0 lb 5.93 oz	Vegan Mayonnaise	For Cilantro Lime Crema: Combine all ingredients in step 6 except for cilantro in a blender, process until smooth. Add cilantro and pulse until flaked throughout. Cilantro Lime Crema can be stored in a sealed container in cooler until ready for service.
1 tbsp	0 lb 0.52 oz	58%	0 lb 1.22 oz	Limes, juice	
1 1/2 tsp	0 lb 0.25 oz	0%	0 lb 0.25 oz	Vinegar, Apple Cider	
3/4 tsp	0 lb 0.09 oz	0%	0 lb 0.09 oz	Garlic, powder	
1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Salt, Kosher	
6 tbsp	0 lb 0.78 oz	54%	0 lb 1.68 oz	Cilantro, fresh, chopped	



Ingredients in blender



Processed



Cilantro Crema

	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	To plate - Spread 1 Tablespoon of crema on top and bottom bun. Place bottom bun on plate and add patty. Add 1/2 ounce sliced cucumbers on top then add 1 Tablespoon of slaw. Add 1 Tablespoon cilantro, then add top bun.
	1 1/4 cup	0 lb 6.00 oz	5%	0 lb 6.32 oz	Cucumber, with peel, sliced	
	3/4 cup	0 lb 2.52 oz	54%	0 lb 5.43 oz	Cilantro, fresh, leaves	



Crema on Buns



Patty and Cucumber on Bun



Mushroom Lentil Bahn Mi Burger

RECIPE IMAGES



Mushroom Lentil Bahn Mi Burger

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	7 lb 12.47 oz	0 %	7 lb 12.47 oz	0 %	7 lb 12.47 oz
Size of portion	10.37 oz		10.37 oz		10.37 oz

ADDITIONAL INFO

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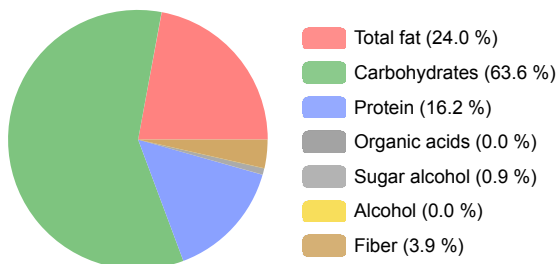
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy					Vitamins	
Total fat	14.53 g	19 %	23.98 %	535.85 kcal	27 %	Salt	2.39 g		
Saturated	1.50 g	8 %	2.48 %	2,241.98 kJ		Salt	0.81 %		Vitamin A 288.24 µg 32 %
Monounsaturated	5.09 g		8.40 %			Sodium	953.74 mg	41 %	Vitamin D 0.08 µg 0 %
Polyunsaturated	5.94 g		9.80 %			Phosphorus	258.05 mg	21 %	Thiamine 0.71 mg 59 %
Trans fatty acids	0.06 g		0.10 %			Potassium	759.61 mg	16 %	Riboflavin 0.45 mg 35 %
Cholesterol	0.00 mg	0 %				Iron	5.08 mg	28 %	Niacin 5.13 mg 32 %
Linolenic acid	4.45 g		7.35 %			Calcium	142.50 mg	11 %	Vitamin B6 0.42 mg 25 %
Alpha-linolenic acid	607.39 mg		1.00 %			Zinc	2.23 mg	20 %	Vitamin B12 0.11 µg 5 %
Total Carbohydrate	83.91 g	31 %	63.63 %			Magnesium	70.34 mg	17 %	Folate 26.29 µg 7 %
Sugars total	12.07 g	24 %				Iodine	0.00 µg	0 %	Vitamin C 29.10 mg 32 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	20.87 µg	38 %	Vitamin E 2.38 mg 16 %
Lactose	0.00 g					Copper	0.56 mg	62 %	Vitamin K 59.75 µg 50 %
Fiber	10.84 g	39 %	3.87 %						Others
Organic acids	0.00 g		0.00 %						Water 166.16 g
Sugar alcohol	1.97 g		0.88 %						
Starch	34.69 g		26.30 %						
Protein	21.36 g	43 %	16.20 %						
Alcohol	0.00 g		0.00 %						

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	0.88 kg
Main courses	1.24 kg
Desserts	0.56 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.