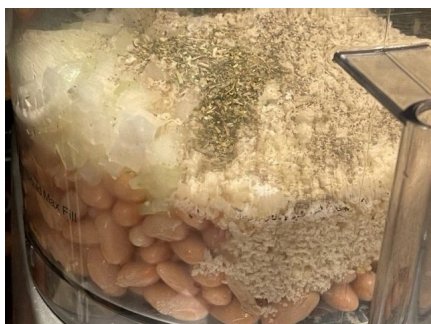


# Pasta w/ White Bean Meatballs & Spring Vegetables

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Italian	PF Round 3	VG	12	14.12 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	2 1/3 cup	1 lb 5.37 oz	0%	1 lb 5.37 oz	Beans, Cannellini, canned, drained, rinsed <i>Save the Aquafaba or Bean Juice</i>	For White Bean and Farro Meatballs - Preheat oven to 400 F. In a food processor, place all ingredients in step 1 and pulse to break down and combine. Do not over process into a paste.
	1 cup	0 lb 4.45 oz	9%	0 lb 4.91 oz	Onions, Yellow, small dice	
	1 tbsp	0 lb 0.53 oz	12%	0 lb 0.60 oz	Garlic, cloves, peeled, minced	
	3 tbsp	0 lb 1.74 oz	0%	0 lb 1.74 oz	Tomato Paste, canned	
	1 1/2 cup	0 lb 4.20 oz	0%	0 lb 4.20 oz	Crumbs, Panko Bread	
	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	
	2 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Seasoning, Italian	



*Ingredients in Food Processor*



*Processed in Food Processor*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 cup	0 lb 10.68 oz	0%	0 lb 10.68 oz	Farro, cooked	In a large mixing bowl add white bean mixture. Fold in ingredients in step 2. Scoop 1.5 ounce meatballs and place them on a parchment lined sheet pan. Place in cooler for 30 minutes.
	1/2 cup	0 lb 4.00 oz	0%	0 lb 4.00 oz	Aquafaba (bean juice)	



*Adding Farro and Aquafaba*



*Meatball Mixture*



*Meatballs Formed*

3

Place meatballs in oven and bake for 30 minutes or until dark golden brown, turning and rotating meatballs half way through. Remove from oven and keep hot for service.

3



*Baked Meatballs*

4

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4 tbsp	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	For Spring Vegetable Ragout - In a skillet, heat oil over medium heat. Add onions and garlic and slowly cook until tender, 5-7 minutes. Add asparagus and peas, and cook for 5-7 minutes or until heated through.
3 cup	0 lb 13.35 oz	9%	0 lb 14.74 oz	Onions, White, small diced	
3 tbsp	0 lb 1.59 oz	12%	0 lb 1.80 oz	Garlic, cloves, peeled, minced	
3 cup	0 lb 14.25 oz	43%	1 lb 8.96 oz	Asparagus, fresh, trimmed <i>Cut into 2 inch pieces</i>	
3 cup	1 lb 0.95 oz	0%	1 lb 0.95 oz	Peas, Green, frozen	





*Sautéing Onions and Garlic*



*Adding Asparagus and Peas*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>5</b>	4 cup	0 lb 9.20 oz	9%	0 lb 10.10 oz	Chard, Swiss, chopped	Add chard and continue cooking for 2 minutes or until wilted. Add wine and allow to reduce until mostly evaporated, about 2-3 minutes.
	1/2 cup	0 lb 4.00 oz	0%	0 lb 4.00 oz	Wine, White	



*Adding Chard*



*Adding wine*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>6</b>	1/4 cup	0 lb 2.00 oz	0%	0 lb 2.00 oz	Non-Dairy Butter	Add butter and allow to melt and thicken into a sauce (add a little vegetable broth, not listed, to bring sauce back together if broken). Remove and hold hot for service.



*Adding butter*



*Spring Vegetable Ragout*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	12 cup	3 lb 9.60 oz	0%	3 lb 9.60 oz	Pasta, Rigatoni, cooked	To Plate - In a serving bowl, place 1 cup pasta on bottom and top with 1 cup of spring vegetable mix. Add 3 meatballs and garnish with 1 teaspoon parsley.
	3/4 cup	0 lb 1.32 oz	60%	0 lb 3.28 oz	Parsley, Italian, fresh, minced	



Ragout over Pasta



Adding Meatballs



Pasta w/ White Bean Meatballs & Spring Vegetables

**RECIPE IMAGES**



Pasta w/ White Bean Meatballs & Spring Vegetables

**ALLERGENS**

-

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	10 lb 9.40 oz	0 %	10 lb 9.40 oz	0 %	10 lb 9.40 oz
Size of portion	14.12 oz		14.12 oz		14.12 oz

**ADDITIONAL INFO**

-

**MEMO**

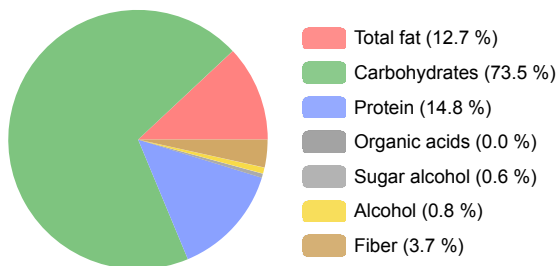
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## NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			RDI		
<b>Total fat</b>	<b>12.14 g</b>	<b>16 %</b>	<b>12.70 %</b>	<b>845.69 kcal</b>	<b>42 %</b>	<b>Salt</b>	<b>0.86 g</b>				
Saturated	1.78 g	9 %	1.86 %	3,538.34 kJ		Salt	0.22 %			Vitamins	
Monounsaturated	5.05 g		5.28 %			Sodium	340.43 mg	15 %		Vitamin A	126.04 µg 14 %
Polyunsaturated	3.75 g		3.92 %			Phosphorus	438.90 mg	35 %		Vitamin D	0.00 µg 0 %
Trans fatty acids	0.99 g		1.04 %			Potassium	900.00 mg	19 %		Thiamine	0.47 mg 39 %
Cholesterol	0.00 mg	0 %				Iron	5.85 mg	32 %		Riboflavin	0.26 mg 20 %
Linolenic acid	2.91 g		3.05 %			Calcium	137.14 mg	11 %		Niacin	4.19 mg 26 %
Alpha-linolenic acid	561.45 mg		0.59 %			Zinc	3.37 mg	31 %		Vitamin B6	0.48 mg 28 %
<b>Total Carbohydrate</b>	<b>153.02 g</b>	<b>56 %</b>	<b>73.52 %</b>			Magnesium	150.70 mg	36 %		Vitamin B12	0.04 µg 2 %
Sugars total	8.85 g	18 %				Iodine	0.00 µg	0 %		Folate	8.14 µg 2 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	91.81 µg	167 %		Vitamin C	21.25 mg 24 %
Lactose	0.00 g					Copper	0.69 mg	77 %		Vitamin E	2.26 mg 15 %
<b>Fiber</b>	<b>16.34 g</b>	<b>58 %</b>	<b>3.69 %</b>							Vitamin K	262.47 µg 219 %
Organic acids	0.00 g		0.00 %							Others	
Sugar alcohol	1.97 g		0.56 %							Water	196.30 g
Starch	90.91 g		43.68 %								
<b>Protein</b>	<b>30.80 g</b>	<b>62 %</b>	<b>14.80 %</b>								
<b>Alcohol</b>	<b>0.97 g</b>		<b>0.80 %</b>								

## PERCENTAGE OF ENERGY



## CO2



### Comparable values

Snacks	1.20 kg
Main courses	1.68 kg
Desserts	0.76 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.