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
2 1/3 cup	1 lb 5.37 oz	0%	1 lb 5.37 oz	Beans, Cannellini, canned, drained, rinsed	For White Bean and Farro Meatballs - Preheat oven to 400 F. In a food processor, place all ingredients in step 1
				Save the Aquafaba or Bean Juice	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	



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Ingredients in Food Processor

Processed in Food Processor

	Capacity measure	EP	Trim loss	AP	Name of ingredient
2	2 cup	0 lb 10.68 oz	0%	0 lb 10.68 oz	Farro, cooked
	1/2 cup	0 lb 4.00 oz	0%	0 lb 4.00 oz	Aquafaba (bean iuice)

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.

Methods







Adding Farro and Aquafaba

Meatball Mixture

Meatballs Formed

Capacity	
moacuro	

Trim EP loss

AP Name of ingredient

Methods

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

	Capacity measure	EP	Trim loss	AP	Name of ingredient
4	4 tbsp	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola
	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
					Cut into 2 inch pieces
	3 cup	1 lb 0.95 oz	0%	1 lb 0.95 oz	Peas, Green, frozen

Methods

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.





Sauting Onions and Garlic

Adding Asparagus and Peas

	Capacity measure			AP	Name of ingredient	
5	4 cup	0 lb 9.20 oz	9%	0 lb 10.10 oz	Chard, Swiss, chopped	
	1/2 cup	0 lb 4.00 oz	0%	0 lb 4.00 oz	Wine. White	

Add chard and continue cooking for 2 minutes or until wilted. Add wine and allow to reduce until mostly evaporated, about 2-3 minutes.

Methods





Adding Chard

Capacity

6

Adding wine

illeasure	Lr	1033	AF Name of ingredient	
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.

Methods





Adding butter

Spring Vegetable Ragout

	Capacity measure	Trim EP 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
	3/4 cup	0 lb 1.32 oz 60%	0 lb 3.28 oz	Parsley, Italian, fresh, minced	spring vegetable mix. Add 3 meatballs and garnish with 1 teaspoon parsley.







Pasta w/ White Bean Meatballs
Adding Meatballs & Spring Vegetables

Ragout over Pasta

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

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MEMO

RDI

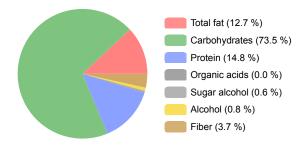
NUTRITION INFORMATION

per portion

Total fat 12.14 g 16 % 12.70			% of	Calories	RDI	Salt	0.86 g			
Saturated 1.78 g 9 % 1.86 % Phosphorus 438.90 mg 35 % A µg Phosphorus 438.90 mg 32 % Phosphorus 438.90 mg 35 % A µg Phosphor	Energy nutritives		RDI energy	845.69 kcal	42 %	Salt	0.22 %		Vitamins	RDI
Saturated 1.78 g 9 % 1.86 % Phosphorus 438.90 mg 35 % A μg Monounsaturated 5.05 g 5.28 % Potassium 900.00 mg 19 % Vitamin 0.00 μg 0 % Iron 5.85 mg 32 % D D Thiamine 0.47 mg 39 % Calcium 137.14 mg 11 % Thiamine 0.47 mg 39 % Calcium 137.14 mg 11 % Thiamine 0.47 mg 39 % Calcium 137.14 mg 11 % Thiamine 0.47 mg 39 % Calcium 137.14 mg 11 % Thiamine 0.47 mg 39 % Calcium 137.14 mg 11 % Thiamine 0.47 mg 39 % Calcium 150.70 mg 36 % Niacin 4.19 mg 26 % Niacin 4.19 mg 28 % Niacin 4.19 mg	Total fat	12.14 g		3,538.34 kJ		Sodium	340.43 mg	15 %	Vitamin	126.04 14 %
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Linolenic acid 2.91 g 3.05 %		Ü				Magnesium	0		Niacin	4.19 mg 26 %
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Total Carbohydrate 153.02 g 56 % 73.52 % Copper 0.69 mg 77 % Vitamin B12 0.04 μg 2 % Sugars total 8.85 g 18 % Copper 0.69 mg 77 % B12 Folate 8.14 μg 2 % Added sugar 0.00 g 0 % 0.00 % Vitamin 21.25 mg 24 % Lactose 0.00 g 0.00 % C Vitamin 2.26 mg 15 % Organic acids 0.00 g 0.56 % Vitamin 262.47 219 Starch 90.91 g 43.68 % Protein 30.80 g 62 % 14.80	Alpha-linolenic acid	561.45 mg							B6	
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Protein 90.91 g 43.68 % Protein 30.80 g 62 % 14.80	Sugar alcohol	1.97 g	0.56 %							
Protein 30.80 g 62 % 14.80	Starch	90.91 g	43.68						ĸ	μg %
			%							
0/a	Protein	30.80 g								
			%						Others	
Alcohol 0.97 g 0.80 % Water 196.30 g	Alcohol	0.97 g	0.80 %						Water	196.30 g

Minerals

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.