

# Pesto Zoodles with Quinoa Spinach & Bean Meatballs

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree	PF round 3	VG, NF, SF	12	10.35
				OZ

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 1/2 cup	2 lb 0.00 oz	0%	2.00 lb	Beans, Cannellini, canned, drained, rinsed	For Meatballs: In a food processor, combine all ingredients, except quinoa, and pulse to combine but do not overmix to a paste. Fold bean mix with the quinoa.
	1/2 cup	0 lb 2.23 oz	9%	0 lb 2.46 oz	Onions, White, small diced	
	1 1/2 cup	0 lb 1.59 oz	34%	0 lb 2.42 oz	Spinach	
	1/4 cup	0 lb 2.32 oz	0%	0 lb 2.32 oz	Tomato Paste, canned	
	3/4 cup	0 lb 2.10 oz	0%	0 lb 2.10 oz	Crumbs, Panko Bread	
	2 tbsp	0 lb 0.23 oz	60%	0 lb 0.56 oz	Parsley, Italian, fresh, chopped	
	1 1/2 tsp	0 lb 0.17 oz	0%	0 lb 0.17 oz	Garlic, powder	
	3/4 tsp	0 lb 0.07 oz	0%	0 lb 0.07 oz	Salt, Kosher	
	3/4 tsp	0 lb 0.06 oz	0%	0 lb 0.06 oz	Pepper, Black, ground	
	3 tbsp	0 lb 1.44 oz	0%	0 lb 1.44 oz	Oil, Canola	
	3/4 cup	0 lb 4.13 oz	0%	0 lb 4.13 oz	Quinoa, cooked	



*Process Meatball Ingredients.*



*Fold in Quinoa.*

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
2				Portion into 1 ounce meatballs. Meatballs to be stored raw in cooler, at least 30 minutes, or freezer, at least 15 minutes, until ready to cook.



*Portion meatballs.*

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
3				Preheat oven to 400°F, place meatballs on a parchment lined sheet pan and cook for 30 minutes, flipping halfway through. If cooking from frozen, cook for 45 minutes. Meatballs can be stored on sheet pans in a hot box or hotel pan in the hot well until ready for service.



*Quinoa Spinach & Bean Meatballs.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>4</b>	1/3 cup	0 lb 2.53 OZ	0%	0 lb 2.53 OZ	Oil, Canola	For Pesto: Combine all ingredients in step 3 in a food processor and process until smooth. Pesto can be stored in sealed container in cooler until ready for service.
	1 tsp	0 lb 0.17 OZ	59%	0 lb 0.42 OZ	Lemons, juice	
	1/2 tsp	0 lb 0.09 OZ	12%	0 lb 0.10 OZ	Garlic, cloves, peeled, minced	
	1/3 cup	0 lb 1.65 OZ	0%	0 lb 1.65 OZ	Sunflower Seeds, raw	
	3 cup	0 lb 2.70 OZ	44%	0 lb 4.82 OZ	Basil, fresh, whole	
	1/2 tsp	0 lb 0.05 OZ	0%	0 lb 0.05 OZ	Salt, Kosher	



*Pesto Ingredients.*



*Pesto.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>5</b>	2 tbsp	0 lb 0.96 OZ	0%	0 lb 0.96 OZ	Oil, Canola	In a sauté pan, heat oil over medium heat. Add tomatoes and cook until burst and starting to brown. Remove tomatoes and set aside. Add zoodles, salt and pesto and toss to combine. Cook 5 minutes until warmed through. Add tomatoes back in. Pesto Zoodles can be stored in hotel pans in hot well until ready for service.
	4 cup	1 lb 4.52 OZ	5%	1 lb 5.60 OZ	Tomatoes, Cherry, small	
	7.0 ea	3 lb 1.00 OZ	6%	3 lb 4.24 OZ	Squash, Zucchini, whole, each <i>Spiralized/"Zoodles"</i>	
	1 1/2 tsp	0 lb 0.15 OZ	0%	0 lb 0.15 OZ	Salt, Kosher	



*Cook Tomatoes.*



*Add Pesto and Zoodles.*

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
6				For Service: Portion 6 ounces zoodle mixture into bowl and add 4 meatballs.

**RECIPE IMAGES**



*Pesto Zoodles with Quinoa Spinach & Bean Meatballs*

**ALLERGENS**

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**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	7 lb 12.15	0 %	7 lb 12.15	0 %	7 lb 12.15
	OZ		OZ		OZ
Size of portion	10.35 oz		10.35 oz		10.35 oz

**ADDITIONAL INFO**

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**MEMO**

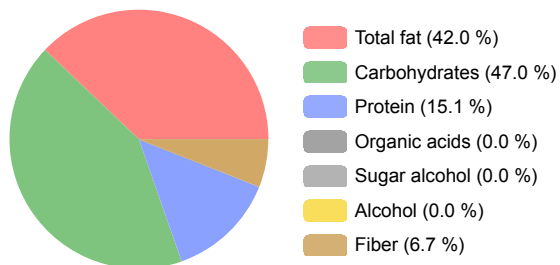
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## NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy						
				327.71 kcal	16 %	Salt	0.76 g		
				1,371.14 kJ		Salt	0.26 %		
<b>Total fat</b>	<b>15.57 g</b>	<b>20 %</b>	<b>42.01 %</b>			Sodium	301.02 mg	13 %	<b>Vitamins</b>
Saturated	1.41 g	7 %	3.82 %			Phosphorus	275.87 mg	22 %	<b>Vitamin A</b>
Monounsaturated	8.39 g		22.64 %			Potassium	970.72 mg	21 %	<b>Vitamin D</b>
Polyunsaturated	5.00 g		13.50 %			Iron	4.15 mg	23 %	<b>Vitamin B12</b>
Trans fatty acids	0.05 g		0.13 %			Calcium	115.67 mg	9 %	<b>Folate</b>
Cholesterol	0.00 mg	0 %				Zinc	1.98 mg	18 %	<b>Vitamin C</b>
Linolenic acid	3.70 g		9.99 %			Magnesium	122.35 mg	29 %	<b>Vitamin E</b>
Alpha-linolenic acid	1,136.04 mg		3.07 %			Iodine	0.00 µg	0 %	<b>Vitamin K</b>
<b>Total Carbohydrate</b>	<b>37.95 g</b>	<b>14 %</b>	<b>47.05 %</b>			Selenium	5.87 µg	11 %	<b>Others</b>
Sugars total	5.53 g	11 %				Copper	0.40 mg	44 %	<b>Water</b>
Added sugar	0.00 g	0 %	0.00 %						224.19 g
Lactose	0.00 g								
<b>Fiber</b>	<b>11.44 g</b>	<b>41 %</b>	<b>6.67 %</b>						
Organic acids	0.00 g		0.00 %						
Sugar alcohol	0.00 g		0.00 %						
Starch	8.06 g		9.99 %						
<b>Protein</b>	<b>12.17 g</b>	<b>24 %</b>	<b>15.09 %</b>						
Alcohol	0.00 g		0.00 %						

## PERCENTAGE OF ENERGY



## CO2



0.03 kg

Comparable values

Snacks	0.88 kg
Main courses	1.23 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.