

Spicy Korean Tofu Taquitos

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mexican	PF Round 3	VG, NF	12	16.02 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	9 2/3 cup	3 lb 0.00 oz	2%	3 lb 0.83 oz	Tofu, Extra Firm, drained, pressed, crumbled	Tofu mixture: In a large bowl, add all ingredients in step 1 and mix until fully combined and tofu is coated.
	1/3 cup	0 lb 2.74 oz	58%	0 lb 6.46 oz	Limes, juice	
	3 tbsp	0 lb 0.39 oz	54%	0 lb 0.84 oz	Cilantro, fresh, chopped	
	3 tbsp	0 lb 1.59 oz	12%	0 lb 1.80 oz	Garlic, cloves, peeled, minced	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.14 oz	Salt, Kosher	
	1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Pepper, Black, table grind	
	3 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Seasoning, Taco	
	3 tbsp	0 lb 3.39 oz	0%	0 lb 3.39 oz	Sauce, Gochujang	



Ingredients in bowl

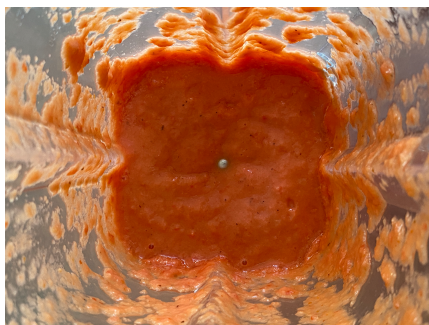


Tofu mixture, combined

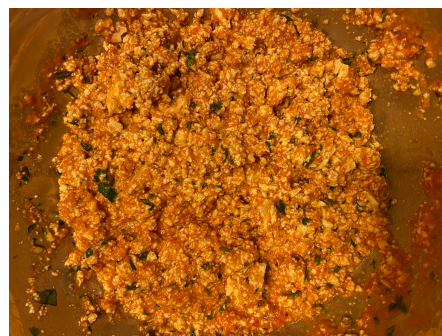
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	To a blender, add all ingredients in step 2 and blend on high until mixture forms into a paste. Pour mixture over tofu and toss to combine.
	1 cup	0 lb 4.45 oz	9%	0 lb 4.91 oz	Onions, Yellow, chopped	
	1 cup	0 lb 3.90 oz	19%	0 lb 4.80 oz	Pepper, Bell, Red, chopped	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz	Salt, Kosher	
	1 1/2 cup	0 lb 13.02 oz	0%	0 lb 13.02 oz	Tomatoes, fire roasted, canned, diced, in juice	



Ingredients in blender



Ingredients blended



Mixture combined with tofu

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
3					To a skillet or flat top on medium-high heat add tofu mixture and cook down for 5-7 minutes stirring constantly until tofu has released its moisture and has slightly browned. Remove from heat and hold hot.

3



Tofu added to pan



Tofu crumble, done

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4	36.0 ea	4 lb 0.76 oz	0%	4 lb 0.76 oz Tortilla, Flour, 6"	Preheat oven to 400°F. Lay tortillas flat. Add 1.5oz of tofu mixture per tortilla, roll tightly tightly with ends folded in and place on a baking sheet lined with parchment paper. Lightly spray taquitos with pan spray, and bake for 20-25 minutes or until golden brown.



Tofu mixture on tortilla



Taquitos wrapped, and sprayed with oil

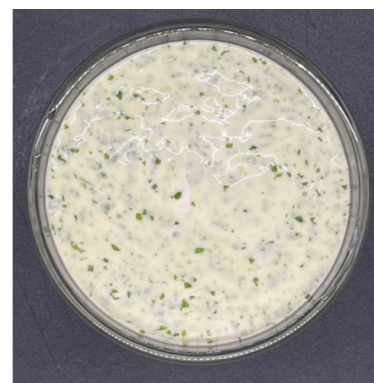
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	1 1/2 cup	0 lb 11.85 oz	0%	0 lb 11.85 oz	Vegan Mayonnaise	For Cilantro Lime Crema: Combine all ingredients in step 5 except for cilantro in a blender, process until smooth. Add cilantro and pulse until flaked throughout. Cilantro Lime Crema can be stored in a sealed container in cooler until ready for service.
	3 tbsp	0 lb 1.56 oz	58%	0 lb 3.67 oz	Limes, juice	
	3 tsp	0 lb 0.50 oz	0%	0 lb 0.50 oz	Vinegar, Apple Cider	
	1 1/2 tsp	0 lb 0.17 oz	0%	0 lb 0.17 oz	Garlic, powder	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz	Salt, Kosher	
	3/4 cup	0 lb 1.92 oz	54%	0 lb 4.14 oz	Cilantro, fresh, minced	



Ingredients in blender



Crema processed



Final- Cilantro lime crema

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	2 cup	0 lb 10.58 oz	0%	0 lb 10.58 oz	Vegan Kimchi	For Kimchi Pico: In a medium bowl, combine all ingredients in step 6. Cover and hold in cooler until service.
	3/4 cup	0 lb 3.85 oz	5%	0 lb 4.05 oz	Tomatoes, Cherry, small, halved	
	1/2 cup	0 lb 1.00 oz	17%	0 lb 1.21 oz	Onions, Green, sliced thinly on bias	
	3/4 cup	0 lb 2.92 oz	19%	0 lb 3.60 oz	Carrots, peeled, shredded	
	3 tbsp	0 lb 0.70 oz	6%	0 lb 0.75 oz	Peppers, Jalapeño, fresh, chopped	



Ingredients in bowl



Final- Kimchi Pico

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	1 1/2 cup	0 lb 12.72 oz	0%	0 lb 12.72 oz	Guacamole, premade	Three taquitos per serving: Place taquitos in center of plate, top each taquito with 1 tablespoon of guacamole, 1 tablespoon of cilantro-lime crema and 1 tablespoon of kimchi pico. Serve.



Tofu mixture on tortilla



Topped with guacamole and crema



Final- Spicy Korean Tofu Taquitos

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	12 lb 0.22 oz	0 %	12 lb 0.22 oz	0 %	12 lb 0.22 oz
Size of portion	16.02 oz		16.02 oz		16.02 oz

ADDITIONAL INFO

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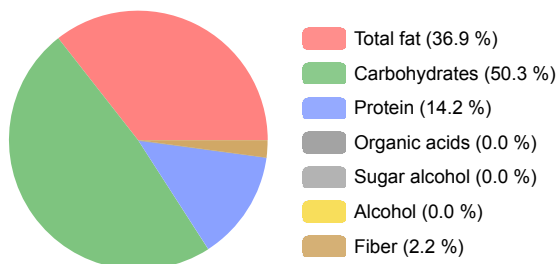
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
Total fat	29.77 g	38 %	36.86 %	714.12 kcal	36 %	Salt	4.77 g		
Saturated	6.38 g	32 %	7.90 %	2,987.89 kJ		Salt	1.05 %		Vitamins
Monounsaturated	6.83 g		8.46 %			Sodium	1,995.52 mg	87 %	Vitamin A
Polyunsaturated	11.99 g		14.85 %			Phosphorus	472.62 mg	38 %	Vitamin D
Trans fatty acids	0.13 g		0.16 %			Potassium	635.28 mg	14 %	Thiamine
Cholesterol	0.00 mg	0 %				Iron	13.02 mg	72 %	Riboflavin
Linolenic acid	10.44 g		12.93 %			Calcium	674.78 mg	52 %	Niacin
Alpha-linolenic acid	535.68 mg		0.66 %			Zinc	2.09 mg	19 %	Vitamin B6
Total Carbohydrate	88.39 g	32 %	50.29 %			Magnesium	97.05 mg	23 %	Vitamin B12
Sugars total	10.30 g	21 %				Iodine	0.00 µg	0 %	Folate
Added sugar	0.00 g	0 %	0.00 %			Selenium	45.77 µg	83 %	Vitamin C
Lactose	0.00 g					Copper	0.47 mg	52 %	Vitamin E
Fiber	8.38 g	30 %	2.24 %						Vitamin K
Organic acids	0.00 g		0.00 %						Others
Sugar alcohol	0.00 g		0.00 %						Water
Starch	58.82 g		33.47 %						267.38 g
Protein	25.01 g	50 %	14.23 %						
Alcohol	0.00 g	0.00 %	0.00 %						

PERCENTAGE OF ENERGY



CO2



0.01 kg

Comparable values

Snacks	1.36 kg
Main courses	1.91 kg
Desserts	0.86 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.