

# Sticky Sesame Lentil Bowl w Nuoc Cham Sauce

Recipe group Entree, Asian	Additional name PF Round 3	Diet factors VG, NF	Portions 12	Portion size 18.35 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	7 cup	3 lb 0.00 oz	0%	3.00 lb	Beans, Lentils, cooked	For Meatballs: In a food processor, pulse all ingredients in step 1. Pulse all ingredients until broken down but not into a paste. Form mixture into 1.5oz balls and place in freezer for at least 30 minutes before searing off.
	2 cup	0 lb 8.90 oz	9%	0 lb 9.82 oz	Onions, Yellow, small dice	
	2 cup	0 lb 5.60 oz	0%	0 lb 5.60 oz	Crumbs, Panko Bread	
	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 tbsp	0 lb 1.44 oz	0%	0 lb 1.44 oz	Oil, Canola	



*Ingredients in food processor*



*Ingredients processed*



*Mixture rolled into 1.5oz balls*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 tbsp	0 lb 0.50 oz	0%	0 lb 0.50 oz	Oil, Sesame	Sticky sauce: To a skillet heat oil over medium heat. Sauté garlic, ginger and red pepper for 1 minute or until fragrant. Add rice vinegar, soy sauce, and hoisin sauce. Bring to a simmer and cook for 2-3 minutes until slightly reduced. Hold hot.
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	
	1 tbsp	0 lb 0.25 oz	0%	0 lb 0.25 oz	Ginger, fresh, minced	
	1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Red Pepper Flakes	
	2/3 cup	0 lb 5.57 oz	0%	0 lb 5.57 oz	Vinegar, Rice Wine	
	2 tbsp	0 lb 1.15 oz	0%	0 lb 1.15 oz	Soy Sauce, Light Sodium	
	1 cup	0 lb 9.80 oz	0%	0 lb 9.80 oz	Sauce, Hoisin	



*Garlic, ginger, and red pepper flakes in pan*



*Garlic, ginger, and red pepper cooked*



*Sticky sauce, done*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/2 cup	0 lb 3.84 oz	0%	0 lb 3.84 oz	Oil, Canola	To a skillet heat oil over medium-high heat. Sear meatballs on all sides for around 3-5 minutes or until evenly browned. Pour over reserved sticky sauce from step 2 and toss to coat meatballs. Hold meatballs hot for service.



Meatballs searing



Meatballs seared



Meatballs coated in sticky sauce

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	2 tbsp	0 lb 0.89 oz	0%	0 lb 0.89 oz	Sugar, White, granulated	Nuoc Cham Sauce: In a small bowl whisk sugar and hot water until dissolved. Whisk in remaining ingredients in step 4 until combined. Cover, and reserve in cooler until service.
	3/4 cup	0 lb 6.00 oz	0%	0 lb 6.00 oz	Water, hot	
	3/4 cup	0 lb 6.90 oz	0%	0 lb 6.90 oz	Soy Sauce, Light Sodium	
	1/4 cup	0 lb 2.07 oz	58%	0 lb 4.89 oz	Limes, juice	
	3 tsp	0 lb 0.64 oz	0%	0 lb 0.64 oz	Sauce, Chili Garlic	



Water &amp; sugar, dissolved



Nuoc cham sauce, done

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	4 1/2 cup	0 lb 8.96 oz	1%	0 lb 9.01 oz	Cabbage, Coleslaw Mix	For Slaw- In a large mixing bowl, combine all ingredients in step 5. Cover, and hold in cooler until service.
	1 1/2 cup	0 lb 5.85 oz	19%	0 lb 7.20 oz	Carrots, peeled, shredded	
	1/4 cup	0 lb 1.77 oz	0%	0 lb 1.78 oz	Sugar, White, granulated	
	2 tbsp	0 lb 1.04 oz	0%	0 lb 1.04 oz	Vinegar, Rice Wine	





*Coleslaw & carrots in bowl*



*Quick pickled slaw, done*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	12 cup	4 lb 12.80 oz	0%	4 lb 12.80 oz	Noodles, Rice, Cooked	To Serve: In a serving bowl, place 1 cup rice noodles in center of bowl. Top with 1/2 cup of slaw, 3 tablespoons of edamame, 3 meatballs, and 2 tablespoons of kimchi. Drizzle 2 tablespoons of Nuoc cham sauce. Garnish with 1/2 teaspoon of sesame seeds. Serve.
	2 1/4 cup	0 lb 14.24 oz	10%	0 lb 15.83 oz	Edamame, hulled, frozen	
	1 1/2 cup	0 lb 7.94 oz	0%	0 lb 7.94 oz	Vegan Kimchi	
	2 tbsp	0 lb 0.66 oz	0%	0 lb 0.66 oz	Sesame Seed, whole	



*Rice noodles in bowl*



*Final- Sticky Sesame Lentil Bowl w Nuoc Cham Sauce*

**ALLERGENS**

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**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	13 lb 12.20 oz	0 %	13 lb 12.20 oz	0 %	13 lb 12.20 oz
Size of portion	18.35 oz		18.35 oz		18.35 oz

**ADDITIONAL INFO**

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**MEMO**

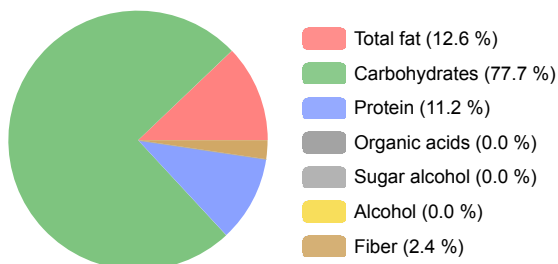
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## NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			Vitamins			
		RDI	% of energy									RDI
<b>Total fat</b>	<b>19.83 g</b>	<b>25 %</b>	<b>12.60 %</b>	<b>1,391.29 kcal</b>	<b>69 %</b>	<b>Salt</b>	<b>3.48 g</b>		<b>Vitamin A</b>	<b>129.17 µg</b>	<b>14 %</b>	
Saturated	2.01 g	10 %	1.28 %	<b>5,821.13 kJ</b>		Salt	0.67 %		Vitamin D	0.00 µg	0 %	
Monounsaturated	9.70 g		6.17 %			Sodium	1,383.92 mg	60 %	Thiamine	1.60 mg	133 %	
Polyunsaturated	6.86 g		4.36 %			Phosphorus	541.93 mg	43 %	Riboflavin	0.52 mg	40 %	
Trans fatty acids	0.05 g		0.03 %			Potassium	1,310.44 mg	28 %	Niacin	5.81 mg	36 %	
Cholesterol	0.69 mg	0 %				Iron	14.66 mg	81 %	Vitamin B6	0.96 mg	56 %	
Linolenic acid	5.33 g		3.39 %			Calcium	235.71 mg	18 %	Vitamin B12	0.05 µg	2 %	
Alpha-linolenic acid	1,139.77 mg		0.72 %			Zinc	5.53 mg	50 %	Folate	10.85 µg	3 %	
<b>Total Carbohydrate</b>	<b>266.09 g</b>	<b>97 %</b>	<b>77.71 %</b>			Magnesium	122.13 mg	29 %	Vitamin C	31.42 mg	35 %	
Sugars total	17.86 g	36 %				Iodine	0.00 µg	0 %	Vitamin E	3.41 mg	23 %	
Added sugar	0.00 g	0 %	0.00 %			Selenium	20.26 µg	37 %	Vitamin K	26.25 µg	22 %	
Lactose	0.00 g					Copper	1.22 mg	136 %	Others			
<b>Fiber</b>	<b>17.75 g</b>	<b>63 %</b>	<b>2.44 %</b>						Water	171.84 g		
Organic acids	0.00 g		0.00 %									
Sugar alcohol	0.00 g		0.00 %									
Starch	64.68 g		18.89 %									
<b>Protein</b>	<b>38.24 g</b>	<b>76 %</b>	<b>11.17 %</b>									
<b>Alcohol</b>	<b>0.00 g</b>		<b>0.00 %</b>									

## PERCENTAGE OF ENERGY



## CO2



### Comparable values

Snacks	1.56 kg
Main courses	2.18 kg
Desserts	0.99 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.