

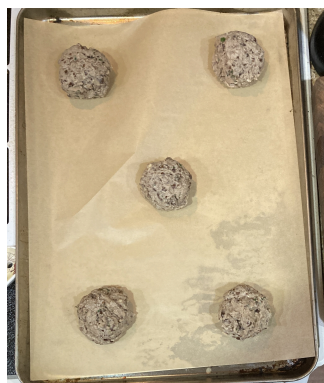
Tandoori Sweet Potato and Black Bean Falafel Bowl

Recipe group Entree, Indian	Additional name PF round 3	Diet factors VG, GF, NF, SF	Portions 12	Portion size 12.79 OZ
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1/4 cup	0 lb 1.92 OZ	0%	0 lb 1.92 OZ	Oil, Canola	For Falafel: In a food processor, combine all ingredients and pulse to combine until a textured mixture forms. Scoop mixture into 2.3 ounce balls and place on lined sheet tray. Let chill in cooler for 15-30 minutes.
	1 cup	0 lb 4.45 OZ	9%	0 lb 4.91 OZ	Onions, White, small diced	
	2 tbsp	0 lb 1.06 OZ	12%	0 lb 1.20 OZ	Garlic, cloves, peeled, minced	
	3 1/2 cup	1 lb 14.00 OZ	0%	1 lb 14.00 OZ	Beans, Black, canned, drained, rinsed	
	3 tbsp	0 lb 1.50 OZ	0%	0 lb 1.50 OZ	Stock, Vegetable	
	2 tbsp	0 lb 0.26 OZ	54%	0 lb 0.56 OZ	Cilantro, fresh, chopped	
	1 cup	0 lb 4.48 OZ	0%	0 lb 4.48 OZ	Cornstarch	
	1 tsp	0 lb 0.10 OZ	0%	0 lb 0.10 OZ	Salt, Kosher	
	1 tsp	0 lb 0.07 OZ	0%	0 lb 0.07 OZ	Coriander Seed, ground	
	1 tsp	0 lb 0.07 OZ	0%	0 lb 0.07 OZ	Cumin, ground	



Combine all ingredients for falafel.



Portion falafels.

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
2				Preheat oven to 425°F. Bake for 15 minutes, flip, and bake for another 10-15 minutes or until golden brown. Falafel can be held in hotel pans in hot well until ready for service.

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Cook falafels.

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	For Tandoori Sweet Potatoes: Preheat oven to 400°F. Whisk to combine all ingredients in step 3, except sweet potatoes. Add sweet potatoes and toss to coat. Spread on lined sheet tray in a single layer.
	4 tsp	0 lb 0.39 oz	0% 0 lb 0.39 oz	Salt, Kosher	
	4 tsp	0 lb 0.32 oz	0% 0 lb 0.32 oz	Paprika, ground	
	4 tsp	0 lb 0.21 oz	0% 0 lb 0.21 oz	Garam Masala, powder	
	2 tsp	0 lb 0.14 oz	0% 0 lb 0.14 oz	Cumin, ground	
	2 tsp	0 lb 0.18 oz	0% 0 lb 0.18 oz	Turmeric, ground	
	2 tsp	0 lb 0.23 oz	0% 0 lb 0.23 oz	Garlic, powder	
	6 cup	1 lb 12.20 oz	25% 2 lb 5.60 oz	Sweet Potato, peeled, medium diced	



Toss sweet potato and spices.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4					Bake for 40 minutes, until crispy. Tandoori Sweet Potatoes can be held in hotel pans in hot well until ready for service.

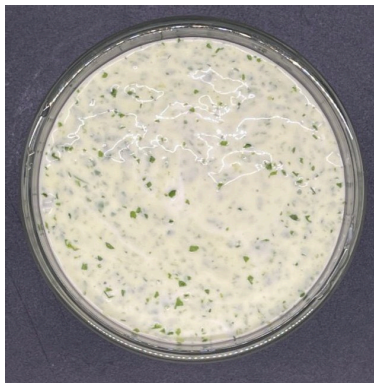


Baked tandoori sweet potatoes.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
5	3/4 cup	0 lb 5.93 oz	0%	0 lb 5.93 oz Vegan Mayonnaise	For Cilantro Lime Crema: Combine all ingredients in step 5, except cilantro, in a blender and process until smooth. Add Cilantro and pulse until flaked throughout. Crema can be stored in a sealed container in cooler until ready for service.
	4 1/2 tsp	0 lb 0.78 oz	58%	0 lb 1.84 oz Limes, juice	
	1 1/2 tsp	0 lb 0.25 oz	0%	0 lb 0.25 oz Vinegar, Apple Cider	
	3/4 tsp	0 lb 0.09 oz	0%	0 lb 0.09 oz Garlic, powder	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz Salt, Kosher	
	6 tbsp	0 lb 1.26 oz	54%	0 lb 2.72 oz Cilantro, fresh, leaves	



Blend crema ingredients.



Cilantro lime crema.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	1 cup	0 lb 8.00 oz	0%	0 lb 8.00 oz	Vinegar, Apple Cider	For Pickled Veggies: In a pot, bring vinegar, water, sugar and salt to a boil for 5 minutes, or until sugar dissolves. Add all other ingredients from step 6 to a heat-proof container and pour liquid over. Let cool 10-15 minutes, follow proper cooling procedures and then store in sealed container in cooler at least 30 minutes. Can be stored in cooler until ready for service. Strain before use.
	1/2 cup	0 lb 4.00 oz	0%	0 lb 4.00 oz	Water	
	1 tbsp	0 lb 0.44 oz	0%	0 lb 0.44 oz	Sugar, White, granulated	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	
	1 1/2 cup	0 lb 7.50 oz	5%	0 lb 7.89 oz	Cucumber, with peel, chopped	
	3/4 cup	0 lb 2.92 oz	19%	0 lb 3.60 oz	Carrots, peeled, large dice	
	6 tbsp	0 lb 1.59 oz	19%	0 lb 1.96 oz	Pepper, Bell, Red, large dice	
	6 tbsp	0 lb 1.50 oz	0%	0 lb 1.50 oz	Onions, Red, large dice	



Pickled Veggies.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	6 cup	2 lb 1.00 OZ	0%	2 lb 1.00 OZ	Quinoa, cooked	For Service: Portion 1/2 cup quinoa in a bowl. Top with 1/4 cup sweet potatoes, 2 falafel, 1/4 cup strained pickled veggies, and 1 tablespoon mango chutney. Drizzle with 1 tablespoon cilantro crema.
	~ 1 cup	0 lb 8.47 OZ	0%	0 lb 8.47 OZ	Chutney, Mango	

RECIPE IMAGES



Tandoori Sweet Potato and Black Bean Falafel Bowl

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	9 lb 9.45 oz	0 %	9 lb 9.45 oz	0 %	9 lb 9.45 OZ
Size of portion	12.79 oz		12.79 oz		12.79 oz

ADDITIONAL INFO

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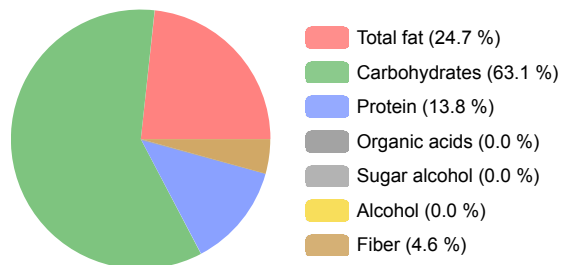
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy	855.42 kcal	43 %	Salt	2.28 g	Vitamins	
Total fat	23.91 g	31 %	24.72 %	3,579.09 kJ		Salt	0.63 %	Vitamin A	571.16 µg 63 %
Saturated	2.22 g	11 %	2.29 %			Sodium	935.12 mg 41 %	Vitamin D	0.00 µg 0 %
Monounsaturated	10.80 g		11.17 %			Phosphorus	739.29 mg 59 %	Thiamine	1.02 mg 85 %
Polyunsaturated	9.16 g		9.47 %			Potassium	1,925.60 mg 41 %	Riboflavin	0.48 mg 37 %
Trans fatty acids	0.08 g		0.08 %			Iron	11.37 mg 63 %	Niacin	3.33 mg 21 %
Cholesterol	0.00 mg	0 %				Calcium	205.87 mg 16 %	Vitamin B6	0.85 mg 50 %
Linolenic acid	7.25 g		7.49 %			Zinc	4.51 mg 41 %	Vitamin B12	0.00 µg 0 %
Alpha-linolenic acid	1,249.46 mg		1.29 %			Magnesium	305.56 mg 73 %	Folate	0.00 µg 0 %
Total Carbohydrate	132.86 g	48 %	63.11 %			Iodine	0.00 µg 0 %	Vitamin C	11.97 mg 13 %
Sugars total	12.97 g	26 %				Selenium	10.86 µg 20 %	Vitamin E	5.59 mg 37 %
Added sugar	0.00 g	0 %	0.00 %			Copper	1.36 mg 151 %	Vitamin K	39.23 µg 33 %
Lactose	0.00 g							Others	
Fiber	20.46 g	73 %	4.57 %					Water	164.32 g
Organic acids	0.00 g		0.00 %						
Sugar alcohol	0.00 g		0.00 %						
Starch	49.38 g		23.46 %						
Protein	29.03 g	58 %	13.79 %						
Alcohol	0.00 g		0.00 %						

PERCENTAGE OF ENERGY



CO2



0.01 kg

Comparable values

Snacks	1.09 kg
Main courses	1.52 kg
Desserts	0.69 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.