

Three Bean Chili Crumble Tostada

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mexican	PF Round 3	VG	12	8.45 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1 tbsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Oil, Canola	For Three Bean Crumble - In a skillet, heat oil over medium high heat. Add onions and cook for 3-5 minutes or until tender. Add garlic and cook for 1 minute. Remove from heat and allow to cool.
	2 cup	0 lb 8.90 oz	9%	0 lb 9.82 oz	Onions, Yellow, small dice	
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	



Sautéing Onions and Garlic

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 cup	1 lb 0.94 oz	0%	1 lb 0.94 oz	Beans, Black, canned, low sodium	In a food processor, place beans and process until broken down but not into a paste. Place into a large mixing bowl. Add onion mixture and remaining ingredients in step 2. Mix until combined and crumbly.
	2 cup	0 lb 11.92 oz	0%	0 lb 11.92 oz	Beans, Pinto, canned, drained, rinsed	
	2 cup	0 lb 10.90 oz	0%	0 lb 10.90 oz	Beans, Kidney, canned, low sodium	
	2 cup	0 lb 5.60 oz	0%	0 lb 5.60 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	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Chili Powder	
	1/2 tsp	0 lb 0.03 oz	0%	0 lb 0.03 oz	Cumin, ground	
	1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Paprika, Smoked, ground	
	1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Oregano, dried, ground	
	6 tbsp	0 lb 3.00 oz	0%	0 lb 3.00 oz	Aquafaba (bean juice)	



Processing Beans



Processed Beans



Ingredients in bowl



Three Bean Crumble Mixture

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	In a skillet over, heat oil over medium high heat. Breaking crumble mixture into smaller pieces, add to skillet and cook until crispy and golden brown, about 6-7 minutes. Remove from pan and keep hot.



Adding crumbles to pan



Crispy crumbles

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	4 cup	0 lb 15.20 oz	6%	1 lb 0.20 oz	Squash, Zucchini, sliced <i>Slice down middle lengthwise</i>	For Zucchini Salsa - Preheat oven to 450 degrees. Brush zucchini with oil and sprinkle with salt.
	2 tsp	0 lb 0.32 oz	0%	0 lb 0.32 oz	Oil, Canola	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz	Salt, Kosher	



Zucchini with Oil and Salt

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Place zucchini flat side down on parchment lined sheet pan. Place in oven and roast for about 30 minutes or until soft and flat side has slightly caramelized. Remove from oven and allow to cool.

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Roasted Zucchini



Visual of flip side

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Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1 cup	0 lb 2.08 oz	54%	0 lb 4.48 oz	Cilantro, fresh, large stems removed	In a food processor, place zucchini and all ingredients in step 6 and process until smooth. Cover and place in cooler until service.
2 tbsp	0 lb 0.47 oz	6%	0 lb 0.50 oz	Peppers, Jalapeño, fresh, deseeded	
1 tbsp	0 lb 0.53 oz	12%	0 lb 0.60 oz	Garlic, cloves, peeled, chopped	
4 tbsp	0 lb 1.75 oz	0%	0 lb 1.75 oz	Pumpkin seeds, roasted, hulled	
2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	
2 tbsp	0 lb 1.04 oz	58%	0 lb 2.45 oz	Limes, juice	
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	



Salsa Ingredients in Food Processor



Zucchini Salsa

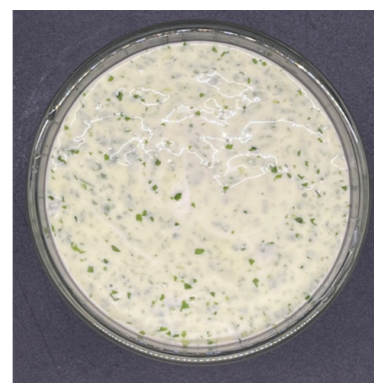
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	3/4 cup	0 lb 5.93 oz	0%	0 lb 5.93 oz	Vegan Mayonnaise	For Cilantro Lime Crema - In a blender combine all ingredients in step 7 except for cilantro. Process until smooth. Add cilantro and pulse until flaked throughout. Cover and store in cooler until service.
	1 tbsp	0 lb 0.52 oz	58%	0 lb 1.22 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 0.78 oz	54%	0 lb 1.68 oz	Cilantro, fresh, large stems removed	



Ingredients in blender



Ingredients blended together



Cilantro added to Crema

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
8	12.0 ea	0 lb 7.80 oz	0%	0 lb 7.80 oz	Tostadas, Corn	To plate - Place a tostada on a plate. Spread 2 Tablespoons of zucchini salsa over tostada. Next, place 4oz of crumbles on top. Place 1 Tablespoon of lettuce and 1 teaspoon of tomato. Garnish with 1 Tablespoon of crema.
	3/4 cup	0 lb 1.91 oz	2%	0 lb 1.95 oz	Lettuce, Iceberg, shredded	
	4 tbsp	0 lb 1.42 oz	6%	0 lb 1.52 oz	Tomatoes, Roma, small dice	



Salsa on Tostada



Adding Crumbles on top of Salsa



Adding garnish



Three Bean Chili Crumble Tostada

RECIPE IMAGES



Three Bean Chili Crumble Tostada

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	6 lb 5.43 oz	0 %	6 lb 5.43 oz	0 %	6 lb 5.43 oz
Size of portion	8.45 oz		8.45 oz		8.45 oz

ADDITIONAL INFO

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MEMO

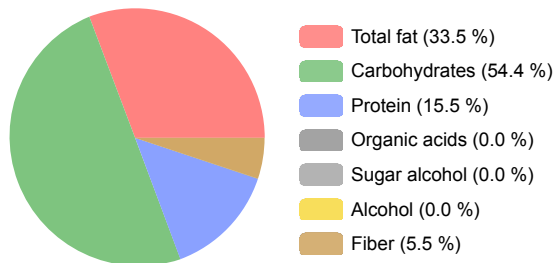
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI			
		RDI	% of energy	360.86 kcal	18 %	Salt	1.31 g				
Total fat	13.67 g	18 %	33.50 %	1,509.86 kJ		Salt	0.55 %	Vitamins			
Saturated	1.44 g	7 %	3.54 %			Sodium	524.98 mg	23 %	Vitamin A	41.42 µg	5 %
Monounsaturated	5.44 g		13.33 %			Phosphorus	255.83 mg	20 %	Vitamin D	0.00 µg	0 %
Polyunsaturated	5.36 g		13.15 %			Potassium	782.66 mg	17 %	Thiamine	0.40 mg	33 %
Trans fatty acids	0.05 g		0.11 %			Iron	3.71 mg	21 %	Riboflavin	0.19 mg	15 %
Cholesterol	0.00 mg	0 %				Calcium	112.34 mg	9 %	Niacin	2.16 mg	14 %
Linolenic acid	4.29 g		10.52 %			Zinc	2.18 mg	20 %	Vitamin B6	0.32 mg	19 %
Alpha-linolenic acid	600.76 mg		1.47 %			Magnesium	107.68 mg	26 %	Vitamin B12	0.05 µg	2 %
Total Carbohydrate	48.27 g	18 %	54.35 %			Iodine	0.00 µg	0 %	Folate	10.85 µg	3 %
Sugars total	3.02 g	6 %				Selenium	6.79 µg	12 %	Vitamin C	20.23 mg	22 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.34 mg	38 %	Vitamin E	2.26 mg	15 %
Lactose	0.00 g								Vitamin K	39.44 µg	33 %
Fiber	10.47 g	37 %	5.55 %						Others		
Organic acids	0.00 g		0.00 %						Water	160.17 g	
Sugar alcohol	0.00 g		0.00 %								
Starch	10.18 g		11.47 %								
Protein	13.75 g	28 %	15.48 %								
Alcohol	0.00 g		0.00 %								

PERCENTAGE OF ENERGY



CO2



0.01 kg

Comparable values

Snacks	0.72 kg
Main courses	1.01 kg
Desserts	0.46 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.