

Zesty Quinoa & Black Bean Tabbouleh Bowl

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mediterranean	PF Round 3	VG, NF, SF	12	14.58 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 Black Bean Crumble: To a skillet heat oil over medium-high heat. Add onions and cook for 3-5 minutes or until translucent. Add garlic and cook for 1 minute. Remove from heat.
	2 cup	0 lb 8.90 oz	9%	0 lb 9.82 oz	Onions, White, small diced	
	1/4 cup	0 lb 2.12 oz	12%	0 lb 2.40 oz	Garlic, cloves, peeled, minced	



Onions in pan



Garlic added to pan



Onion/garlic mixture, done

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	5 2/3 cup	3 lb 0.00 oz	0%	3.00 lb	Beans, Black, canned, low sodium	To a food processor, add onion mixture and all ingredients in step 2. Pulse until combined. Do not over blend, mixture should have some texture and should not become mushy.
	3/4 cup	0 lb 2.10 oz	0%	0 lb 2.10 oz	Crumbs, Panko Bread	
	1/4 cup	0 lb 0.48 oz	0%	0 lb 0.48 oz	Seasoning, Italian	
	1 tbsp	0 lb 0.21 oz	0%	0 lb 0.21 oz	Cumin, ground	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	



Ingredients in food processor



Ingredients combined

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
3	3 tbsp	0 lb 1.44 oz	0%	0 lb 1.44 oz		Oil, Canola	Remove mixture from food processor. In a skillet, heat oil over high heat. Crumble mixture into skillet and sauté for 5-7 minutes or until mixture turns crispy. Remove from heat and place into a 2" hotel pan and follow proper cooling procedures.



Meatball crumble in pan



Meatball crumble, done

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
4	1/2 cup	0 lb 3.92 oz	0%	0 lb 3.92 oz		Oil, Olive	For Zesty Lime Vinaigrette: In a small bowl, combine all ingredients in step 4. Whisk until combined, cover, and store in cooler for future use.
	1/3 cup	0 lb 2.74 oz	58%	0 lb 6.46 oz		Limes, juice	
	1 tbsp	0 lb 0.53 oz	12%	0 lb 0.60 oz		Garlic, cloves, peeled, minced	
	1 tsp	0 lb 0.18 oz	0%	0 lb 0.18 oz		Mustard, Dijon	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz		Salt, Kosher	
	1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz		Coriander Seed, ground	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz		Pepper, Black, table grind	



Ingredients in bowl



Zesty lime vinaigrette, done

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	1 cup	0 lb 3.36 oz	54%	0 lb 7.24 oz	Cilantro, fresh, leaves	For Cilantro Mint Chutney: To a blender, add all ingredients in step 3 and process until smooth. Cover and place in cooler until use.
	1 cup	0 lb 1.72 oz	58%	0 lb 4.11 oz	Mint, fresh, whole leaf	
	1 tbsp	0 lb 0.24 oz	13%	0 lb 0.27 oz	Peppers, Serrano, chopped	
	2 tbsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Ginger, fresh, sliced	
	1 tsp	0 lb 0.07 oz	0%	0 lb 0.07 oz	Cumin, ground	
	1 tsp	0 lb 0.17 oz	59%	0 lb 0.42 oz	Lemons, juice	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz	Salt, Kosher	
	1/2 cup	0 lb 4.00 oz	0%	0 lb 4.00 oz	Water	



Ingredients in blender



Chutney, blended



Final- Cilantro mint chutney

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	9 cup	0 lb 11.52 oz	47%	1 lb 5.78 oz	Parsley, Curly, fresh, chopped	For Tabbouleh: In a large bowl, add all ingredients in step 6. Pour over reserved vinaigrette from step 4, and toss until well combined. Store tabbouleh in cooler until service.
	1 1/2 cup	0 lb 6.67 oz	9%	0 lb 7.37 oz	Onions, White, small diced	
	6 cup	2 lb 1.00 oz	0%	2 lb 1.00 oz	Quinoa, cooked	
	3 cup	1 lb 10.67 oz	0%	1 lb 10.67 oz	Tomatoes, medium dice	
	1 1/2 cup	0 lb 5.85 oz	19%	0 lb 7.20 oz	Pepper, Bell, Red, small dice	
	3/4 cup	0 lb 1.50 oz	17%	0 lb 1.81 oz	Onions, Green, sliced thinly on bias	



Ingredients in bowl



Ingredients mixed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	6 cup	0 lb 8.40 oz	2%	0 lb 8.55 oz	Lettuce, Spring Mix	To Serve: In a serving bowl, place 1/2 cup of spring mix in center of bowl, top with 1 cup (4oz) of black bean crumble. and 1 cup (6oz) of tabbouleh. Drizzle 1 tablespoon of mint chutney.



Spring mix in bowl



Spring mix topped with crumble



Final- Zesty Quinoa & Black Bean Tabbouleh Bowl

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	10 lb 15.00 oz	0 %	10 lb 15.00 oz	0 %	10 lb 15.00 OZ
Size of portion	14.58 oz		14.58 oz		14.58 oz

ADDITIONAL INFO

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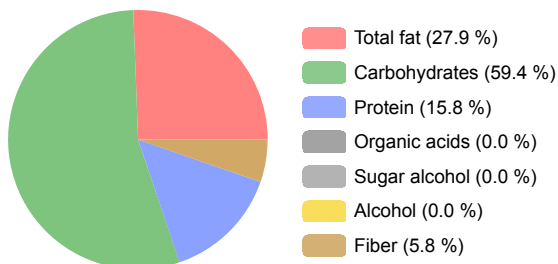
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			Vitamins		
		RDI	% of energy								RDI
Total fat	20.14 g	26 %	27.86 %	639.19 kcal	32 %	Salt	0.63 g		Vitamin A	255.33 µg	28 %
Saturated	2.50 g	12 %	3.46 %	2,674.35 kJ		Salt	0.15 %		Vitamin D	0.00 µg	0 %
Monounsaturated	11.23 g		15.54 %			Sodium	261.37 mg	11 %	Thiamine	0.72 mg	60 %
Polyunsaturated	5.36 g		7.42 %			Phosphorus	595.70 mg	48 %	Riboflavin	0.44 mg	34 %
Trans fatty acids	0.02 g		0.03 %			Potassium	1,391.56 mg	30 %	Niacin	3.25 mg	20 %
Cholesterol	0.00 mg	0 %				Iron	9.64 mg	54 %	Vitamin B6	0.74 mg	44 %
Linolenic acid	4.48 g		6.19 %			Calcium	172.77 mg	13 %	Vitamin B12	0.02 µg	1 %
Alpha-linolenic acid	414.56 mg		0.57 %			Zinc	4.49 mg	41 %	Folate	4.07 µg	1 %
Total Carbohydrate	93.48 g	34 %	59.42 %			Magnesium	274.10 mg	65 %	Vitamin C	68.27 mg	76 %
Sugars total	5.00 g	10 %				Iodine	0.00 µg	0 %	Vitamin E	5.93 mg	40 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	10.63 µg	19 %	Vitamin K	522.70 µg	436 %
Lactose	0.00 g					Copper	0.88 mg	98 %	Others		
Fiber	19.23 g	69 %	5.75 %						Water	268.08 g	
Organic acids	0.00 g		0.00 %								
Sugar alcohol	0.00 g		0.00 %								
Starch	43.67 g		27.76 %								
Protein	24.85 g	50 %	15.79 %								
Alcohol	0.00 g		0.00 %								

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	1.24 kg
Main courses	1.74 kg
Desserts	0.79 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.