

Cali Breakfast Burrito

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, Mexican	Breakfast Recipes	VG, NF	12	17.14 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	4 tbsp	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	For Scramble: On a flattop grill or large sauté pan, heat oil over medium heat. Add in tofu and break up using a spatula to resemble the texture of scrambled eggs. Add remaining ingredients in step 1 and sauté for 5 minutes, until seasonings absorb in tofu and remove excess water.
	9 1/2 cup	2 lb 15.50 oz	2%	3 lb 0.32 oz	Tofu, Extra Firm, drained, pressed, cubed <i>crumbled</i>	
	2 tbsp	0 lb 0.63 oz	0%	0 lb 0.63 oz	Yeast, Nutritional	
	1 tbsp	0 lb 0.27 oz	0%	0 lb 0.27 oz	Turmeric, ground	
	1 tbsp	0 lb 0.23 oz	0%	0 lb 0.23 oz	Onion, powder	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	
	2 tsp	0 lb 0.23 oz	0%	0 lb 0.23 oz	Garlic, powder	
	1 1/2 tsp	0 lb 0.12 oz	0%	0 lb 0.12 oz	Pepper, Black, ground	



Cooked scrambled tofu.

	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	On a flattop grill or large sauté pan, heat oil over medium heat. Add remaining ingredients in step 2 and sauté for 5 minutes, until translucent. Fold into scrambled tofu. Scramble can be held hot in hotel pans until ready for service.
	3/4 cup	0 lb 2.89 oz	9%	0 lb 3.19 oz	Onions, Yellow, medium dice	
	3/4 cup	0 lb 3.07 oz	19%	0 lb 3.78 oz	Pepper, Bell, Green, medium dice	
	3/4 cup	0 lb 3.07 oz	19%	0 lb 3.78 oz	Pepper, Bell, Red, medium dice	



Saute peppers and onions.



Veggie Scramble.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	6 cup	2 lb 3.76 oz	0%	2 lb 3.76 oz	Beans, Pinto, canned, drained, rinsed	<p>For Pinto Crumble: In a food processor, pulse beans and chips until just combined and crumbled but not a paste. In a large bowl, combine beans with remaining ingredients in step 3, except oil. On a flattop grill or large sauté pan, heat oil over medium heat. Add crumble and cook 8-10 minutes until browned. Crumble can be held hot in hotel pans until ready for service.</p>
	2 cup	0 lb 1.83 oz	0%	0 lb 1.83 oz	Tortilla, Corn, chips	
	1/4 cup	0 lb 0.52 oz	54%	0 lb 1.12 oz	Cilantro, fresh, chopped	
	1/4 cup	0 lb 0.50 oz	17%	0 lb 0.60 oz	Onions, Green, sliced thinly on bias	
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	
	4 1/2 tsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Seasoning, Taco	
	1/4 cup	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	



Process beans and chips.



Cook pinto crumble.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	6 cup	2 lb 2.50 oz	22%	2 lb 12.17 oz	Potato, french fry, frozen	<p>For Home Fries: Cook according to manufacturer's instructions.</p> <p><i>Home Fries</i></p>



Home Fries.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	2 1/4 cup	0 lb 12.37 oz	2%	0 lb 12.59 oz	Tofu, Silken	For Hollandaise: Combine all ingredients in step 5 in a blender and process until smooth. Transfer mix to pot over medium-low heat and cook to thicken, approximately 7-8 minutes. Hollandaise can be held hot in Bain Marie until ready for service.
	1/4 cup	0 lb 2.00 oz	0%	0 lb 2.00 oz	Non-Dairy Butter, Unsalted	
	1/4 cup	0 lb 2.40 oz	0%	0 lb 2.40 oz	Sauce, Hot, generic	
	3 tbsp	0 lb 1.56 oz	59%	0 lb 3.77 oz	Lemons, juice	
	3 tbsp	0 lb 0.95 oz	0%	0 lb 0.95 oz	Yeast, Nutritional	
	1 1/2 tsp	0 lb 0.27 oz	0%	0 lb 0.27 oz	Mustard, Dijon	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz	Turmeric, ground	
	1/4 tsp	0 lb 0.03 oz	0%	0 lb 0.03 oz	Pepper, Cayenne, ground	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Salt, Kosher	



Hollandaise

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	12.0 ea	2 lb 0.40 oz	0%	2 lb 0.40 oz	Tortilla, Flour, 12"	For Service: On 1 tortilla, portion 1/2 cup crumble, 1/2 cup scramble, 1/2 cup fries, 1/4 cup hollandaise, and 1/4 cup avocado. Roll tortilla tight and seal edge by cooking 2 minutes on a flattop grill or sauté pan over medium-low heat.
	3 cup	0 lb 15.87 oz	21%	1 lb 4.19 oz	Avocados, fresh, sliced	



Layer crumble and scramble.



Add fries, hollandaise, and avocado.



Cook burrito.



Final- Cali Breakfast Burrito

RECIPE IMAGES



Cali Breakfast Burrito

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	12 lb 13.67 oz	0 %	12 lb 13.67 oz	0 %	12 lb 13.67 OZ
Size of portion	17.14 oz		17.14 oz		17.14 oz

ADDITIONAL INFO

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MEMO

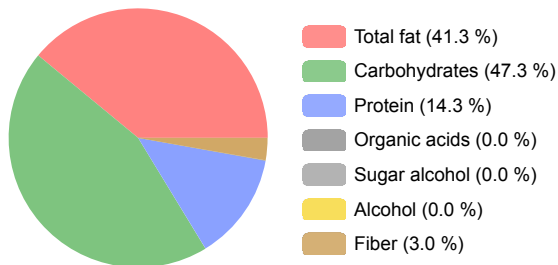
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			Vitamins		
		RDI	% of energy								RDI
Total fat	39.53 g	51 %	41.30 %	846.55 kcal	42 %	Salt	3.26 g		Vitamin A	51.62 µg	6 %
Saturated	6.47 g	32 %	6.76 %	3,541.98 kJ		Sodium	1,314.46 mg	57 %	Vitamin D	0.00 µg	0 %
Monounsaturated	17.49 g		18.27 %			Phosphorus	497.88 mg	40 %	Thiamine	0.89 mg	74 %
Polyunsaturated	12.49 g		13.05 %			Potassium	1,531.68 mg	33 %	Riboflavin	0.48 mg	37 %
Trans fatty acids	0.79 g		0.83 %			Iron	14.13 mg	78 %	Niacin	6.79 mg	42 %
Cholesterol	0.00 mg	0 %				Calcium	684.92 mg	53 %	Vitamin B6	0.69 mg	41 %
Linolenic acid	10.31 g		10.77 %			Zinc	3.09 mg	28 %	Vitamin B12	0.00 µg	0 %
Alpha-linolenic acid	1,437.79 mg		1.50 %			Magnesium	146.47 mg	35 %	Folate	60.47 µg	15 %
Total Carbohydrate	98.57 g	36 %	47.31 %			Iodine	0.00 µg	0 %	Vitamin C	28.31 mg	31 %
Sugars total	5.46 g	11 %				Selenium	32.38 µg	59 %	Vitamin E	3.82 mg	25 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.63 mg	70 %	Vitamin K	43.72 µg	36 %
Lactose	0.00 g								Others		
Fiber	13.08 g	47 %	2.95 %						Water	306.28 g	
Organic acids	0.00 g		0.00 %								
Sugar alcohol	0.00 g		0.00 %								
Starch	50.95 g		24.45 %								
Protein	29.79 g	60 %	14.30 %								
Alcohol	0.00 g		0.00 %								

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	1.46 kg
Main courses	2.04 kg
Desserts	0.92 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.