

Creamy Foul Mudammas

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, Mediterranean	Breakfast Recipes	VG, GF, NF, SF	12	18.59 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	12 cup	6 lb 12.36 oz	0%	6 lb 12.36 oz	Beans, Fava, small, canned <i>with aquafaba</i>	For Foul Mudammas: In a large pot over medium heat, add fava beans and bring to a simmer. In a separate pot over low heat, add chickpeas and bring to a simmer for 3-5 minutes. Once chickpeas are heated through, turn off heat, and hold in pot for service.
	3 cup	1 lb 0.95 oz	0%	1 lb 0.95 oz	Beans, Garbanzo, canned, low sodium <i>with aquafaba</i>	



Fava beans in pot



Chickpeas in pot

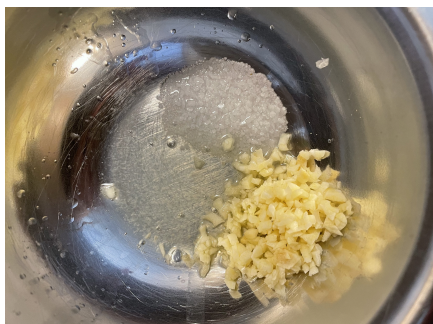


Fava beans, simmered



Chickpeas, simmered

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3 tsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	In a small mixing bowl, add all ingredients in step 2 and whisk to combine. Add mixture to fava beans and stir until combined. Using a fork, lightly crush the fava beans around 10 times or until it creates a creamy consistency but still has texture. Hold hot for service.
	1/2 cup	0 lb 4.15 oz	59%	0 lb 10.05 oz	Lemons, juice	
	1/3 cup	0 lb 2.80 oz	12%	0 lb 3.17 oz	Garlic, cloves, peeled, minced	
	1/3 cup	0 lb 2.92 oz	0%	0 lb 2.92 oz	Tahini Paste	



Salt, lemon juice, and garlic in bowl



Ingredients combined

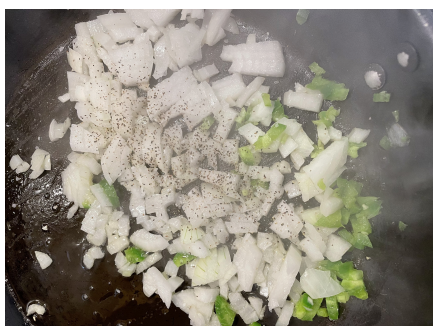


Lemon & garlic mix added to fowl with tahini



Ingredients combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	3/4 cup	0 lb 5.88 oz	0%	0 lb 5.88 oz	Oil, Olive	For Vegetable Mix: In a skillet on medium heat, add oil. Once up to heat, add onions, jalapenos, salt, and pepper. Sauté for 5-7 minutes or until onions are browned and translucent. Add tomatoes and allow to break down for 2-3 minutes.
	6 cup	1 lb 10.70 oz	9%	1 lb 13.47 oz	Onions, Yellow, small dice	
	1/3 cup	0 lb 1.24 oz	6%	0 lb 1.32 oz	Peppers, Jalapeño, fresh, minced	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	
	1 1/2 tsp	0 lb 0.13 oz	0%	0 lb 0.12 oz	Pepper, Black, table grind	
	6 cup	2 lb 2.20 oz	6%	2 lb 4.46 oz	Tomatoes, Roma, small dice	



Oil, onions, jalapeno, salt, and pepper in pan



Tomatoes added to pan

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1 1/2 cup	0 lb 12.00 oz	0%	0 lb 12.00 oz	Water	Add water to vegetable mixture and bring to a light simmer. Hold hot for service.



Water added to pan



Vegetable mixture, done

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	3/4 cup	0 lb 5.88 oz	0%	0 lb 5.88 oz	Oil, Olive	For Service: In a bowl, add 3/4 cup of fowl and top with 1/2 cup of vegetable mixture. Top fowl with 1/4 cup of reserved chickpeas and 1 tablespoon of parsley and olive oil. Serving suggestion sides: Bread, fresh veggies, and tea of choice.
	3/4 cup	0 lb 1.35 oz	60%	0 lb 3.35 oz	Parsley, Italian, fresh, chopped	



Fava beans in bowl



Vegetable mix, chickpeas, olive oil & parsley



Final- Creamy Foul Mudammas

RECIPE IMAGES



Creamy Foul Mudammas

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	13 lb 15.13 oz	0 %	13 lb 15.13 oz	0 %	13 lb 15.13 oz
Size of portion	18.59 oz		18.59 oz		18.59 oz

ADDITIONAL INFO

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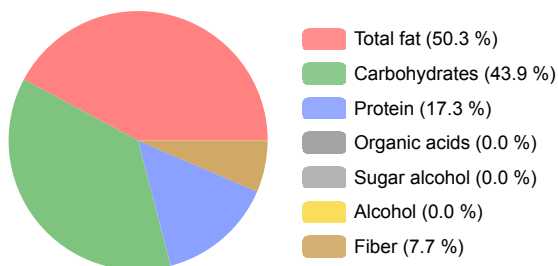
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NUTRITION INFORMATION

per portion

Energy nutritives	RDI	% of energy	Calories	RDI	Minerals		RDI		
Total fat	34.07 g	44 %	599.42 kcal	30 %	Salt	1.65 g			
Saturated	4.76 g	24 %	2,508.01 kJ		Salt	0.31 %		Vitamins	
Monounsaturated	22.00 g				Sodium	663.28 mg	29 %	Vitamin A	93.15 µg 10 %
Polyunsaturated	5.70 g	8.41 %			Phosphorus	465.80 mg	37 %	Vitamin D	0.00 µg 0 %
Trans fatty acids	0.00 g	0.00 %			Potassium	1,285.52 mg	27 %	Thiamine	0.52 mg 43 %
Cholesterol	0.00 mg	0 %			Iron	5.50 mg	31 %	Riboflavin	0.84 mg 65 %
Linolenic acid	5.37 g	7.91 %			Calcium	179.51 mg	14 %	Niacin	6.91 mg 43 %
Alpha-linolenic acid	2.79 mg	0.00 %			Zinc	3.53 mg	32 %	Vitamin B6	0.70 mg 41 %
Total Carbohydrate	64.82 g	24 %			Magnesium	121.90 mg	29 %	Vitamin B12	0.00 µg 0 %
Sugars total	29.88 g	60 %			Iodine	0.00 µg	0 %	Folate	0.00 µg 0 %
Added sugar	0.00 g	0 %			Selenium	4.14 µg	8 %	Vitamin C	38.81 mg 43 %
Lactose	0.00 g				Copper	1.30 mg	144 %	Vitamin E	7.63 mg 51 %
Fiber	24.08 g	86 %						Vitamin K	182.39 µg 152 %
Organic acids	0.00 g	0.00 %						Others	
Sugar alcohol	0.00 g	0.00 %						Water	396.88 g
Starch	0.00 g	0.00 %							
Protein	25.49 g	51 %							
Alcohol	0.00 g	0.00 %							

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	1.58 kg
Main courses	2.21 kg
Desserts	1.00 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.