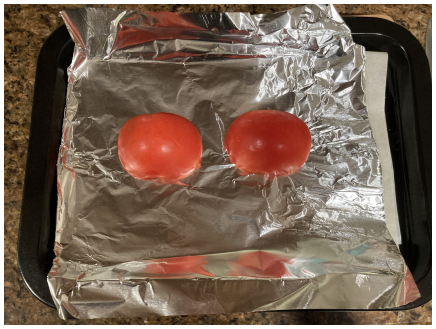
Savory Buckwheat Crepes with Romesco

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, French	Breakfast Recipes	VG	12	11.08 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1.0 ea	0 lb 2.00 oz	6%	0 lb 2.13 oz	Tomato, medium, whole, cut in half	For Romesco Sauce: On a foil-lined sheet tray, place tomato cut side down and broil for 4-6 minutes until the skin is charred. Transfer to a small mixing bowl and cover with plastic wrap to steam for 5-7 minutes. Once steamed, remove the skin from the tomato.



Tomato cut in half on foil

Steaming Tomato

Charred Tomato

Removing Tomato Skin

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 cup	0 lb 5.26 oz	0%	0 lb 5.26 oz	Pepper, Bell, Red, Roasted, jar	In a high-powered blender or food processor, add all ingredients in step 2 and peeled tomato. Blend until smooth. Hold hot for service.
	4 tbsp	0 lb 0.84 oz	0%	0 lb 0.84 oz	Almonds, sliced	
	2 tbsp	0 lb 1.00 oz	0%	0 lb 1.00 oz	Vinegar, Red Wine	
	1/4 cup	0 lb 0.44 oz	60%	0 lb 1.09 oz	Parsley, Italian, fresh, whole leaves	
	3/4 cup	0 lb 6.88 oz	0%	0 lb 6.88 oz	Beans, Cannellini, canned, drained, rinsed	
	1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Paprika, Smoked, ground	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz	Chili Powder	
	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	Pepper, Black, ground	

Romesco ingredients in blender

Finished Romesco

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	2 cup	0 lb 8.50 oz	0%	0 lb 8.50 oz	Flour, Buckwheat	For Crepe Batter: In a large mixing bowl, combine all ingredients in step 3 and whisk until combined.
	1 cup	0 lb 4.60 oz	0%	0 lb 4.60 oz	Flour, All-Purpose	
	2 tsp	0 lb 0.19 oz	0%	0 lb 0.19 oz	Salt, Kosher	

Crepe dry ingredeints

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	5 cup	2 lb 8.00 oz	0%	2 lb 8.00 oz	Non-Dairy Milk, Soy, unsweetened	In a mixing bowl, combine ingredients in step 4 and allow to sit for 5 minutes. Combine with buckwheat flour mixture and whisk until smooth.
	2 tsp	0 lb 0.33 oz	0%	0 lb 0.33 oz	Vinegar, Apple Cider	

Soymilk and vinegar

Crepe Batter

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5						Heat an 8-inch, non-stick pan over medium-high heat, spray with pan spray. Swirl pan while ladling in 1/4 cup of batter to evenly coat the whole pan. Cook crepe for 1 minute, then flip and cook for 1 more minute. Transfer to a parchment-lined sheet tray. Hold warm until service.

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Crepe Batter Poured into Pan

Flipped Crepe

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	1 tbsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Oil, Canola	For Veggie Filling: In a large skillet or flat top, heat oil over medium-high heat and saute mushrooms for 5 minutes until lightly browned. Add remaining ingredients in step 5 and sauté for 3-5 minutes until just tender. Transfer to a large mixing bowl and pour half of the romesco, and toss to coat evenly. Hold hot for service.
	6 cup	1 lb 4.52 oz	0%	1 lb 4.52 oz	Mushrooms, maitake, sliced	
	6 cup	1 lb 11.00 oz	11%	1 lb 14.41 oz	Brussel Sprouts, fresh, shaved	
	6 cup	0 lb 14.16 oz	40%	1 lb 7.60 oz	Kale, Green, chopped	
	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	
	1/4 cup	0 lb 0.44 oz	60%	0 lb 1.09 oz	Parsley, Italian, fresh, minced	

Browning mushrooms

Sauteed Veg

Veggies tossed in romesco

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7						For Service: Spread 1 tablespoon romesco on the crepe, then put half a cup of kale veggie mix in an even layer. Roll the crepe into thirds and then garnish with 1 tablespoon romesco and 1 teaspoon parsley.

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Crepe with romesco

Final- Savory Buckwheat Crepe With Romesco

RECIPE IMAGES

Savory Buckwheat Crepes with Romesco

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 4.99 oz	0 %	8 lb 4.99 oz	0 %	8 lb 4.99 oz
Size of portion	11.08 oz		11.08 oz		11.08 oz

ADDITIONAL INFO

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NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy
Total fat	5.31 g	7 %	18.81 %
Saturated	0.62 g	3 %	2.21 %
Monounsaturated	1.97 g		6.97 %
Polyunsaturated	2.05 g		7.26 %
Trans fatty acids	0.00 g		0.02 %
Cholesterol	0.00 mg	0 %	
Linolenic acid	0.82 g		2.90 %
Alpha-linolenic acid	105.14 mg		0.37 %
Total Carbohydrate	42.04 g	15 %	68.47 %
Sugars total	5.05 g	10 %	
Added sugar	0.00 g	0 %	0.00 %
Lactose	0.00 g		
Fiber	9.97 g	36 %	7.64 %
Organic acids	0.00 g		0.00 %
Sugar alcohol	0.00 g		0.00 %
Starch	0.01 g		0.02 %
Protein	13.19 g	26 %	21.48 %
Alcohol	0.00 g		0.00 %

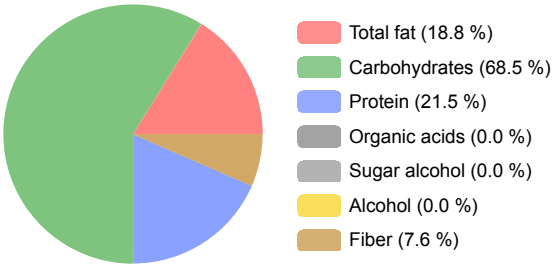
Calories	RDI
249.45 kcal	12 %
1,043.71 kJ	

Minerals		RDI
Salt	1.04 g	
Salt	0.33 %	
Sodium	415.22 mg	18 %
Phosphorus	281.63 mg	23 %
Potassium	943.46 mg	20 %
Iron	3.78 mg	21 %
Calcium	228.86 mg	18 %
Zinc	1.96 mg	18 %
Magnesium	128.16 mg	31 %
Iodine	0.00 µg	0 %
Selenium	9.29 µg	17 %
Copper	0.88 mg	98 %

Vitamins		RDI
Vitamin A	224.65 µg	25 %
Vitamin D	1.33 µg	7 %
Thiamine	0.43 mg	36 %
Riboflavir	0.49 mg	38 %
Niacin	4.48 mg	28 %
Vitamin B6	0.60 mg	35 %
Vitamin B12	1.05 µg	44 %
Folate	0.00 µg	0 %
Vitamin C	119.02 mg	132 %
Vitamin E	2.17 mg	14 %
Vitamin K	386.68 µg	322 %

Others	
Water	249.11 g

PERCENTAGE OF ENERGY



CO2

0.04 kg

Comparable values	
Snacks	0.94 kg
Main courses	1.32 kg
Desserts	0.60 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.