

# Spicy Breakfast Tacos

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, Mexican	Breakfast Recipes	VG, NF	12	15.36 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, except Pico de Gallo, and sauté for 5 minutes, until seasonings absorb in tofu and remove excess water. Remove from heat and fold in Pico de Gallo. Scramble can be held hot in hotel pans until ready for service.
	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	
	3/4 cup	0 lb 3.66 oz	0%	0 lb 3.66 oz	Pico de Gallo, premade <i>spicy</i>	



*Cooked scrambled tofu.*



*Pico scramble.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>2</b>	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	For Lentil Crumble: On a flattop grill or large sauté pan, heat oil over medium heat. Add onions and jalapenos and cook 5 minutes until translucent. Add garlic and mushrooms and cook 2 more minutes. Make a slurry with cornstarch and soy sauce. Add with tomato paste and cook 7 minutes until mushrooms begin to brown. Add remaining ingredients in step 2 and cook 7-8 minutes until crispy. Crumble can be held hot in hotel pans until ready for service.
	2 cup	0 lb 8.90 oz	9%	0 lb 9.82 oz	Onions, Yellow, small dice	
	2 tbsp	0 lb 0.47 oz	6%	0 lb 0.50 oz	Peppers, Jalapeño, fresh, chopped	
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	
	4 1/2 cup	1 lb 0.20 oz	6%	1 lb 1.27 oz	Mushrooms, White Button, chopped	
	2 tbsp	0 lb 1.15 oz	0%	0 lb 1.15 oz	Soy Sauce, Light Sodium	
	3/4 cup	0 lb 3.32 oz	0%	0 lb 3.32 oz	Cornstarch	
	2 tbsp	0 lb 1.16 oz	0%	0 lb 1.16 oz	Tomato Paste, canned	
	4 cup	1 lb 4.00 oz	0%	1 lb 4.00 oz	Beans, Lentils, canned, drained, rinsed	
	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	



*Cook onions, peppers and mushrooms.*



*Lentil crumble.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>3</b>	1 1/2 cup	0 lb 11.96 oz	0%	0 lb 11.96 oz	Vegan Yogurt, Soy, Plain	For Cilantro Crema: Combine all ingredients from step 3, except cilantro, in a blender and process until smooth. Add cilantro and pulse until flaked throughout. Store in a sealed container in cooler until service.
	3 tbsp	0 lb 1.56 oz	58%	0 lb 3.67 oz	Limes, juice	
	1 tbsp	0 lb 0.50 oz	0%	0 lb 0.50 oz	Vinegar, Apple Cider	
	1 1/2 tsp	0 lb 0.17 oz	0%	0 lb 0.17 oz	Garlic, powder	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Salt, Kosher	
	3/4 cup	0 lb 2.49 oz	54%	0 lb 5.36 oz	Cilantro, fresh, leaves	



*Cilantro Crema.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	24.0 ea	2 lb 11.18 oz	0%	2 lb 11.18 oz	Tortilla, Corn, shells, 8"	For Service: Place 2 tortillas on a plate. Portion 1/4 cup crumble and 1/4 cup scramble on each tortilla. Top each with 2 tablespoons avocado and 1 tablespoon crema.
	3 cup	1 lb 0.20 oz	21%	1 lb 4.61 oz	Avocados, fresh, medium dice	



*Layer crumble and scramble.*



*Add avocado and crema.*



*Final- Spicy Breakfast Tacos*

**RECIPE IMAGES**



*Spicy Breakfast Tacos*

**ALLERGENS**

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**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	11 lb 8.31 oz	0 %	11 lb 8.31 oz	0 %	11 lb 8.31 oz
Size of portion	15.36 oz		15.36 oz		15.36 oz

**ADDITIONAL INFO**

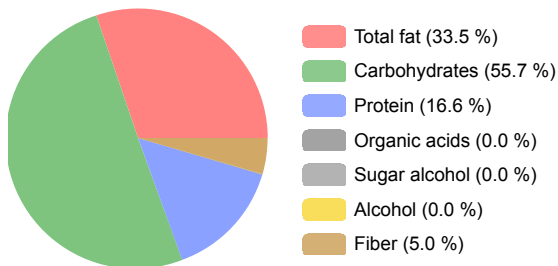
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**NUTRITION INFORMATION**

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy					Vitamins	
<b>Total fat</b>	<b>21.65 g</b>	<b>28 %</b>	<b>33.50 %</b>	<b>571.60 kcal</b>	<b>28 %</b>	<b>Salt</b>	<b>1.49 g</b>		
Saturated	2.70 g	14 %	4.17 %	2,391.62 kJ		Salt	0.34 %	Vitamin A	29.08 µg 3 %
Monounsaturated	10.01 g		15.49 %			Sodium	595.76 mg 26 %	Vitamin D	0.44 µg 2 %
Polyunsaturated	7.28 g		11.26 %			Phosphorus	600.08 mg 48 %	Thiamine	0.36 mg 30 %
Trans fatty acids	0.03 g		0.04 %			Potassium	996.87 mg 21 %	Riboflavin	0.41 mg 32 %
Cholesterol	0.00 mg	0 %				Iron	10.15 mg 56 %	Niacin	4.68 mg 29 %
Linolenic acid	6.19 g		9.57 %			Calcium	551.06 mg 42 %	Vitamin B6	0.63 mg 37 %
Alpha-linolenic acid	665.64 mg		1.03 %			Zinc	3.62 mg 33 %	Vitamin B12	0.02 µg 1 %
<b>Total Carbohydrate</b>	<b>78.35 g</b>	<b>28 %</b>	<b>55.69 %</b>			Magnesium	151.80 mg 36 %	Folate	0.00 µg 0 %
Sugars total	6.46 g	13 %				Iodine	0.00 µg 0 %	Vitamin C	17.36 mg 19 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	22.58 µg 41 %	Vitamin E	2.70 mg 18 %
Lactose	0.00 g					Copper	0.76 mg 84 %	Vitamin K	36.14 µg 30 %
Fiber	14.96 g	53 %	5.00 %					Others	
Organic acids	0.00 g		0.00 %					Water	305.39 g
Sugar alcohol	0.00 g		0.00 %						
Starch	0.05 g		0.03 %						
Protein	23.28 g	47 %	16.55 %						
Alcohol	0.00 g		0.00 %						

**PERCENTAGE OF ENERGY**



**CO2**



**Comparable values**

Snacks	1.31 kg
Main courses	1.83 kg
Desserts	0.83 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.