

Spicy Chorizo Shakshuka

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, African	Breakfast Recipes	VG, NF	12	18.21 oz

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
1	3 tbsp	0 lb 1.44 oz	0%	0 lb 1.44 oz		Oil, Olive	For Shakshuka: In a large sauté pan, heat oil over medium heat. Once heated, add all ingredients from step 1. Sauté for 5-7 minutes, or until onions are translucent and mixture is fragrant.
	3 cup	0 lb 14.82 oz	0%	0 lb 14.82 oz		Vegan, Chorizo, medium dice <i>Simple Truth</i> <i>Meatless Chorizo</i>	
	3 cup	0 lb 13.35 oz	9%	0 lb 14.74 oz		Onions, Yellow, small dice	
	1/2 cup	0 lb 4.23 oz	12%	0 lb 4.81 oz		Garlic, cloves, peeled, minced	
	1 1/2 cup	0 lb 5.85 oz	19%	0 lb 7.20 oz		Pepper, Bell, Green, small dice	
	1 1/2 cup	0 lb 5.85 oz	19%	0 lb 7.20 oz		Pepper, Bell, Red, small dice	



Ingredients added to pan



Ingredients cooked down and fragrant

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
2	1 1/2 tsp	0 lb 0.13 oz	0%	0 lb 0.13 oz		Red Pepper Flakes	Add all ingredients in step 2. Stir to combine, cook for 1-2 minutes or until vegetables soften.
	1 tbsp	0 lb 0.24 oz	0%	0 lb 0.24 oz		Paprika, ground	
	1 tbsp	0 lb 0.21 oz	0%	0 lb 0.21 oz		Cumin, ground	
	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 0.13 oz		Pepper, Black, table grind	



Spices added to pan



Mixture cooked down until fragrant

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
3	4 1/4 qt	9 lb 0.00 oz	0%	9.00 lb Tomatoes, canned, crushed, in own juice	Add tomatoes into skillet, reduce heat to medium-low, and allow mixture to simmer for 15-20 minutes, or until the sauce has thickened.



Tomatoes added to pan



Tomatoes simmered for 20 minutes until thickened

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4	~ 1 1/2 pt	1 lb 8.13 oz	0%	1 lb 8.13 oz Vegan Eggs, liquid	Using the back of a spoon, make 4 wells in tomato sauce. Pour 1/4 cup of liquid egg into wells and cover skillet with a lid or foil; allow to cook for 5-7 minutes, or until eggs are cooked through. *Alternatively, transfer tomato mixture to a hotel pan, add in the egg, and put in a 350°F oven for 4-5 minutes until the eggs are cooked through



4 wells made in pan



1/4 cup liquid egg added to well, then covered



Liquid egg, cooked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	3/4 cup	0 lb 2.55 oz	0%	0 lb 2.55 oz	Vegan cheese, feta, crumbled	Garnish with all ingredients from step 5.
	3/4 cup	0 lb 1.35 oz	60%	0 lb 3.35 oz	Parsley, Italian, fresh, chopped	



Topped with parsley and feta

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6						For Service: In a bowl, add 1 cup of tomato shakshuka and top with one vegan egg. Serve with optional bread.



Final- Spiced Chorizo Shakshuka

RECIPE IMAGES



Spicy Chorizo Shakshuka

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	13 lb 10.56 oz	0 %	13 lb 10.56 oz	0 %	13 lb 10.56 oz
Size of portion	18.21 oz		18.21 oz		18.21 oz

ADDITIONAL INFO

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MEMO

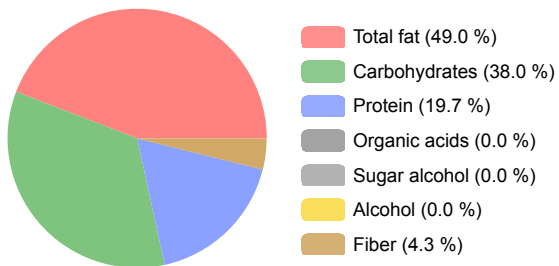
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NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories		Minerals		RDI		
					RDI					
Total fat	20.32 g	26 %	49.01 %	366.65 kcal	18 %	Salt	3.59 g			
Saturated	6.30 g	32 %	15.19 %	1,534.03 kJ		Salt	0.70 %		Vitamins	
Monounsaturated	9.20 g		22.19 %			Sodium	1,459.96 mg	63 %	Vitamin A	85.97 µg 10 %
Polyunsaturated	2.71 g		6.54 %			Phosphorus	242.68 mg	19 %	Vitamin D	0.55 µg 3 %
Trans fatty acids	0.01 g		0.03 %			Potassium	1,327.45 mg	28 %	Thiamine	0.56 mg 47 %
Cholesterol	36.10 mg	12 %				Iron	6.06 mg	34 %	Riboflavin	0.35 mg 27 %
Linolenic acid	2.18 g		5.27 %			Calcium	225.59 mg	17 %	Niacin	6.34 mg 40 %
Alpha-linolenic acid	313.85 mg		0.76 %			Zinc	2.64 mg	24 %	Vitamin B6	0.95 mg 56 %
Total Carbohydrate	34.32 g	12 %	38.04 %			Magnesium	90.41 mg	22 %	Vitamin B12	0.84 µg 35 %
Sugars total	17.20 g	34 %				Iodine	0.00 µg	0 %	Folate	0.00 µg 0 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	12.18 µg	22 %	Vitamin C	63.49 mg 71 %
Lactose	0.00 g					Copper	0.74 mg	82 %	Vitamin E	5.35 mg 36 %
Fiber	8.19 g	29 %	4.27 %						Vitamin K	76.97 µg 64 %
Organic acids	0.00 g		0.00 %						Others	
Sugar alcohol	0.00 g		0.00 %						Water	381.35 g
Starch	0.00 g		0.00 %							
Protein	17.74 g	35 %	19.66 %							
Alcohol	0.00 g		0.00 %							

PERCENTAGE OF ENERGY



CO2



0.02 kg

Comparable values

Snacks	1.55 kg
Main courses	2.17 kg
Desserts	0.98 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.