

Tortang Talong

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, Asian	Breakfast Recipes	VG, GF, NF	12	14.48 oz

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
1	12.0 ea	3 lb 12.00 oz	16%	4 lb 7.26 oz		Eggplant, whole <i>Chinese Eggplant, if available.</i>	For Eggplants: Preheat oven to 350°F. Dock eggplants with a fork and roast for 30 minutes until soft. Once cool, peel and press eggplant to remove excess moisture. Score eggplant 4 times lengthwise, leaving stem intact.



Roast eggplant.



Peel eggplant.



Score eggplant 4 ways.

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
2	3 tbsp	0 lb 1.44 oz	0%	0 lb 1.44 oz		Oil, Canola	For Omelet: On a flat top grill or large sauté pan, cook onions in oil over medium heat for 5 minutes until translucent. Add garlic and cook 2 minutes. Set aside.
	3 cup	0 lb 13.35 oz	9%	0 lb 14.74 oz		Onions, Yellow, small dice	
	6 tbsp	0 lb 3.18 oz	12%	0 lb 3.61 oz		Garlic, cloves, peeled, minced	



Cook onion and garlic.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	3 tbsp	0 lb 1.44 oz	0%	0 lb 1.44 oz	Oil, Canola	On a flattop grill or sauté pan, cook eggplant in oil for 4 minutes over medium heat. Season with salt and pepper and top with onion mixture and then liquid egg. Lift eggplant slightly to allow egg to spread on top and bottom. Cover and cook 5 minutes, flip omelet, and cook 5 more minutes or until cooked through. Omelet can be held hot in hotel pans until ready for service.
	6 cup	3 lb 2.79 oz	0%	3 lb 2.79 oz	Vegan Eggs, liquid	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	
	2 tsp	0 lb 0.16 oz	0%	0 lb 0.16 oz	Pepper, Black, ground	



Cook eggplant.



Add onions.

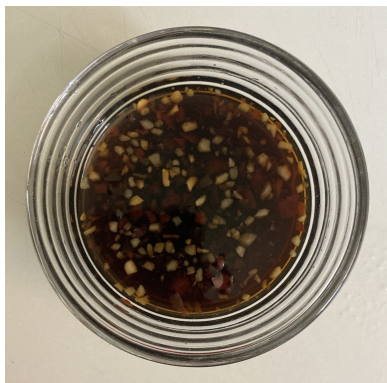


Top with egg and cook covered.



Flip omelet and cook.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1 cup	0 lb 8.00 oz	0%	0 lb 8.00 oz	Water, hot	For Nuoc Cham: In a small bowl, combine first 3 ingredients in step 4, whisking until sugar dissolves. Then add remaining ingredients and whisk until fully combined. Store in a sealed container in cooler until service.
	6 tbsp	0 lb 2.66 oz	0%	0 lb 2.66 oz	Sugar, White, granulated	
	2 tbsp	0 lb 1.04 oz	58%	0 lb 2.45 oz	Limes, juice	
	6 tbsp	0 lb 3.45 oz	0%	0 lb 3.45 oz	Soy Sauce, Light Sodium	
	1 1/2 tsp	0 lb 0.32 oz	0%	0 lb 0.32 oz	Sauce, Chili Garlic	
	2 tsp	0 lb 0.35 oz	12%	0 lb 0.40 oz	Garlic, cloves, peeled, minced	



Nuoc Cham.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	6 cup	1 lb 11.30 oz	0%	1 lb 11.30 oz	Rice, Jasmine, cooked	For Service: Portion one omelet onto a plate and serve with 1/2 cup rice and 2 tablespoons nuoc cham.



Final- Tortang Talong

RECIPE IMAGES



Tortang Talong

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	10 lb 13.77 oz	0 %	10 lb 13.77 oz	0 %	10 lb 13.77 OZ
Size of portion	14.48 oz		14.48 oz		14.48 oz

ADDITIONAL INFO

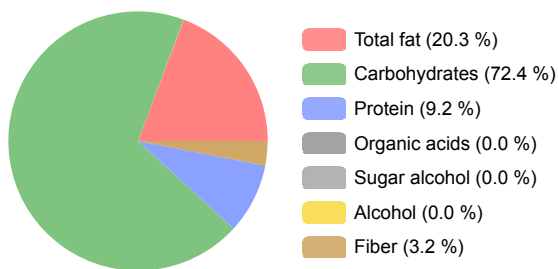
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NUTRITION INFORMATION

supply / 100 g

Energy nutritives		RDI	% of energy	Calories	RDI	Minerals		RDI	Vitamins	RDI
Total fat	2.33 g	3 %	20.27 %	101.73 kcal	5 %	Salt	0.36 g			
Saturated	0.16 g	1 %	1.36 %	425.63 kJ		Salt	0.36 %		Vitamin A	0.63 µg 0 %
Monounsaturated	1.09 g		9.47 %			Sodium	157.00 mg	7 %	Vitamin D	0.00 µg 0 %
Polyunsaturated	0.54 g		4.66 %			Phosphorus	28.38 mg	2 %	Thiamine	0.05 mg 4 %
Trans fatty acids	0.01 g		0.06 %			Potassium	120.10 mg	3 %	Riboflavin	0.03 mg 2 %
Cholesterol	0.00 mg	0 %				Iron	0.42 mg	2 %	Niacin	0.61 mg 4 %
Linolenic acid	0.37 g		3.25 %			Calcium	11.45 mg	1 %	Vitamin B6	0.08 mg 5 %
Alpha-linolenic acid	151.57 mg		1.32 %			Zinc	0.30 mg	3 %	Vitamin B12	0.00 µg 0 %
Total Carbohydrate	18.12 g	7 %	72.37 %			Magnesium	11.33 mg	3 %	Folate	0.00 µg 0 %
Sugars total	3.13 g	6 %				Iodine	0.00 µg	0 %	Vitamin C	2.25 mg 2 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	2.83 µg	5 %	Vitamin E	0.42 mg 3 %
Lactose	0.00 g					Copper	0.07 mg	8 %	Vitamin K	2.64 µg 2 %
Fiber	1.69 g	6 %	3.18 %						Others	
Organic acids	0.00 g		0.00 %						Water	48.34 g
Sugar alcohol	0.00 g		0.00 %							
Starch	0.00 g		0.00 %							
Protein	2.31 g	5 %	9.24 %							
Alcohol	0.00 g		0.00 %							

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	0.30 kg
Main courses	0.42 kg
Desserts	0.19 kg

Comparable CO2 emissions per 100 g.

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.