

Trio of Avocado Toast

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, American	Breakfast Recipes	VG, SF	12	30.85 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	24.0 ea	9 lb 0.00 oz	21%	11 lb 7.21 oz	Avocado, fresh, whole, peeled <i>Medium-size</i>	For the basic and protein avocado toast: In a large mixing bowl, add all ingredients in step 1. Mash avocado until it reaches a creamy consistency. Store in a sealed container in cooler until service.
	1/4 cup	0 lb 1.16 oz	0%	0 lb 1.16 oz	Salt, Kosher	
	1 cup	0 lb 8.30 oz	59%	1 lb 4.10 oz	Lemons, juice	



Ingredients in bowl



Avocados mashed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 1/2 qt	1 lb 15.74 oz	21%	2 lb 8.38 oz	Avocados, fresh, sliced	For the avocado toast with cherry tomatoes and balsamic glaze: In a mixing bowl, toss sliced avocado with lemon juice. Store in a sealed container in cooler until service.
	1 cup	0 lb 8.30 oz	59%	1 lb 4.10 oz	Lemons, juice	



Avocado face down

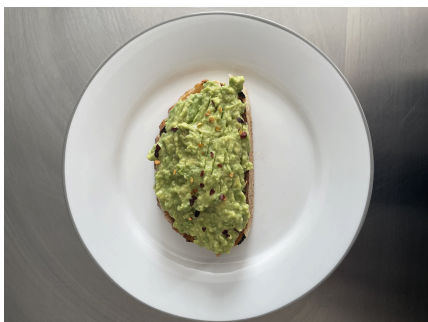


Avocado sliced, drizzled with lemon juice

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	12.0 ea	1 lb 5.00 oz	0%	1 lb 5.00 oz	Bread, Multi-grain, sliced, toasted	Basic Avocado Toast: Spread 1/2 cup of mashed avocado on toast. Top with 1/2 teaspoon of red pepper flakes, 2 tablespoons of radish slices, and 1 tablespoon of green onions. Drizzle with 1 teaspoon of olive oil.
	2 tbsp	0 lb 0.50 oz	0%	0 lb 0.50 oz	Red Pepper Flakes	
	1 1/2 cup	0 lb 6.15 oz	0%	0 lb 6.15 oz	Radish, Red, sliced	
	3/4 cup	0 lb 1.50 oz	17%	0 lb 1.81 oz	Onions, Green, sliced thinly on bias	
	1/4 cup	0 lb 1.96 oz	0%	0 lb 1.96 oz	Oil, Olive	



Toast on plate



Avocado and red pepper on toast

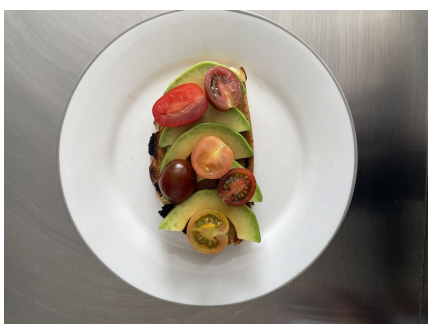


Basic Avocado Toast

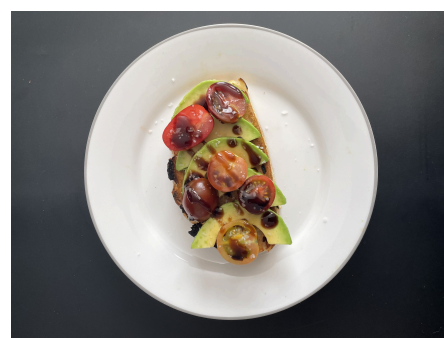
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	12.0 ea	1 lb 5.00 oz	0%	1 lb 5.00 oz	Bread, Multi-grain, slice	Avocado Toast with Cherry Tomatoes and Balsamic Glaze: Layout 4-5 avocado slices along toast, top with 1/4 cup of cherry tomatoes and drizzle with 2 tablespoons balsamic glaze, and sprinkle 1/2 teaspoon of salt.
	1 1/2 pt	0 lb 15.39 oz	5%	1 lb 0.20 oz	Tomatoes, Cherry, small, halved	
	1 1/2 cup	0 lb 12.00 oz	0%	0 lb 12.00 oz	Glaze, Balsamic	



Toast on plate



Avocado slices & tomatoes added



Avocado toast with tomatoes & balsamic glaze

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	3 tsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	<p>Protein Packed Avocado Toast: Preheat oven to 350°F. Add garbanzo beans, oil, and spices, except zaatar, to a bowl and toss to combine. Transfer garbanzo beans to a lined baking sheet and bake for 30-35 minutes or until crispy. Allow to cool.</p> <p>To serve: Spread 1/2 cup of mashed avocado on toast, top with 1/4 cup of garbanzo beans and 1 teaspoon of zaatar.</p>
	3 qt	4 lb 3.80 oz	0%	4 lb 3.80 oz	Beans, Garbanzo, canned, drained, rinsed	
	3/4 cup	0 lb 5.71 oz	0%	0 lb 5.71 oz	Oil, Olive Blend	
	2 tbsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Paprika, Smoked, ground	
	2 tbsp	0 lb 0.68 oz	0%	0 lb 0.68 oz	Garlic, powder	
	2 tbsp	0 lb 0.46 oz	0%	0 lb 0.46 oz	Onion, powder	
	3 tsp	0 lb 0.30 oz	0%	0 lb 0.30 oz	Chili Powder	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	
	12.0 ea	1 lb 5.00 oz	0%	1 lb 5.00 oz	Bread, Multi-grain, slice	
	4 tbsp	0 lb 0.19 oz	0%	0 lb 0.19 oz	Zaatar, mix	



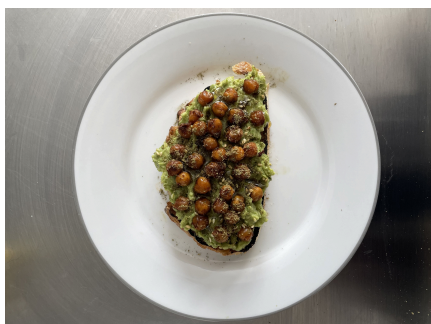
Ingredients in bowl



Roasted chickpeas, done

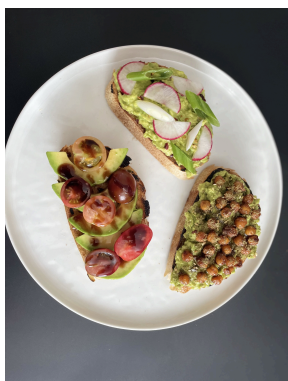


Toast on plate



Protein Packed Avocado Toast

6



Final- Trio of Avocado Toast

RECIPE IMAGES



Trio of Avocado Toast

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	23 lb 2.20 oz	0 %	23 lb 2.20 oz	0 %	23 lb 2.20 oz
Size of portion	30.85 oz		30.85 oz		30.85 oz

ADDITIONAL INFO

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MEMO

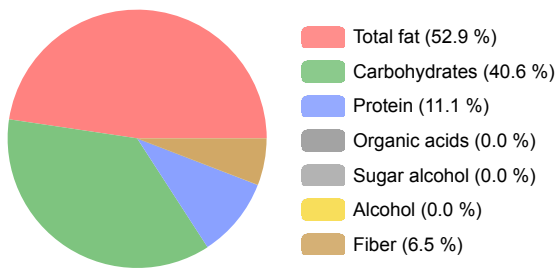
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NUTRITION INFORMATION

per portion

Energy nutritives	RDI	% of energy	Calories		Minerals		RDI				
				RDI							
Total fat	89.92 g	115 %	52.93 %	1,502.39 kcal	75 %	Salt	6.43 g				
Saturated	13.10 g	66 %	7.71 %	6,286.04 kJ		Salt	0.73 %		Vitamins		
Monounsaturated	55.93 g		32.92 %			Sodium	2,567.48 mg	112 %	Vitamin A	111.78 µg	12 %
Polyunsaturated	14.08 g		8.29 %			Phosphorus	724.63 mg	58 %	Vitamin D	0.00 µg	0 %
Trans fatty acids	0.00 g		0.00 %			Potassium	2,829.08 mg	60 %	Thiamine	0.80 mg	67 %
Cholesterol	0.00 mg	0 %				Iron	8.79 mg	49 %	Riboflavin	0.83 mg	64 %
Linolenic acid	12.95 g		7.62 %			Calcium	306.93 mg	24 %	Niacin	14.07 mg	88 %
Alpha-linolenic acid	473.55 mg		0.28 %			Zinc	6.50 mg	59 %	Vitamin B6	1.82 mg	107 %
Total Carbohydrate	150.03 g	55 %	40.57 %			Magnesium	294.94 mg	70 %	Vitamin B12	0.00 µg	0 %
Sugars total	25.60 g	51 %				Iodine	0.00 µg	0 %	Folate	0.00 µg	0 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	56.60 µg	103 %	Vitamin C	66.70 mg	74 %
Lactose	0.85 g					Copper	1.69 mg	188 %	Vitamin E	13.45 mg	90 %
Fiber	51.14 g	183 %	6.51 %						Vitamin K	118.69 µg	99 %
Organic acids	0.00 g		0.00 %						Others		
Sugar alcohol	0.00 g		0.00 %						Water	576.15 g	
Starch	38.66 g		10.46 %								
Protein	41.03 g	82 %	11.10 %								
Alcohol	0.00 g		0.00 %								

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	2.62 kg
Main courses	3.67 kg
Desserts	1.66 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.