

# Smoky BBQ Tri-tip Tofu Hoagie

Recipe group Entree, American	Additional name PF Round 2	Diet factors VG, NF	Portions 12	Portion size 9.98 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>1</b>	1 cup	0 lb 10.00	0%	0 lb 10.00	Sauce, Barbeque	For BBQ Tofu: In a medium mixing bowl, combine ingredients in Step 1 and whisk well.
		oz		oz		
	1/4 cup	0 lb 1.92	0%	0 lb 1.92	Oil, Canola	
		oz		oz		
	1/4 cup	0 lb 2.35	0%	0 lb 2.35	Soy Sauce, regular	
		oz		oz		
	1 tbsp	0 lb 0.24	0%	0 lb 0.24	Paprika, Smoked, ground	
		oz		oz		
	2 tsp	0 lb 0.20	0%	0 lb 0.20	Chili Powder	
		oz		oz		
	2 tsp	0 lb 0.23	0%	0 lb 0.23	Garlic, powder	
		oz		oz		
	2 tsp	0 lb 0.15	0%	0 lb 0.15	Onion, powder	
		oz		oz		
	2 tsp	0 lb 0.16	0%	0 lb 0.16	Pepper, Black, ground	
		oz		oz		



*BBQ Mixture.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>2</b>	9 2/3 cup	3 lb 0.00	2%	3 lb 0.83	Tofu, Extra Firm, drained, pressed, cubed <i>cut 2 ounce triangles</i>	Heat oven to 400°F. Coat each side of tofu with sauce and place on parchment lined sheet pan about 1 inch apart. Reserve any extra sauce. Bake for 20 minutes.



*Brush BBQ mixture on tofu.*

3	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
					<p>Flip and brush tofu with remaining sauce. Bake for another 10 minutes or until cooked through. Tofu can be held in covered hotel pans in hot box or hot well until ready for service.</p>

3



*Brush another layer of BBQ on tofu.*



*Cooked Tofu.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>4</b>	1 cup	0 lb 7.90 oz	0%	0 lb 7.90 oz	Vegan Mayonnaise	For Chipotle Sauce: In a medium mixing bowl, combine ingredients in Step 4 and whisk well. Chipotle sauce can be stored in sealed container in cooler until ready for service.
	5 tbsp	0 lb 2.50 oz	0%	0 lb 2.50 oz	Water	
	1 tbsp	0 lb 0.52 oz	58%	0 lb 1.22 oz	Limes, juice	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Chili Powder, Chipotle	
	3/4 tsp	0 lb 0.07 oz	0%	0 lb 0.08 oz	Chili Powder	
	1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Paprika, ground	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Salt, Kosher	



*Chipotle Sauce.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>5</b>	12.0 ea	2 lb 4.00 oz	0%	2 lb 4.00 oz	Bread, Hoagie Roll, sliced <i>Toasted.</i>	For Service: Spread 1 tablespoon chipotle sauce on top and bottom of bun, portion 1/4 ounce arugula on bottom bun, top with two tofu triangles, then 1/2 ounce red onion. Cover sandwich with top bun.
	5 cup	0 lb 3.00 oz	3%	0 lb 3.09 oz	Arugula, fresh	
	3/4 cup	0 lb 6.35 oz	0%	0 lb 6.35 oz	Onions, Pickled <i>Red onion.</i>	



*Spread chipotle sauce on hoagie bun.*



*Add arugula and tofu.*



*Add onions.*

## RECIPE IMAGES



*Smoky BBQ Tri-tip Tofu Hoagie.*

## ALLERGENS

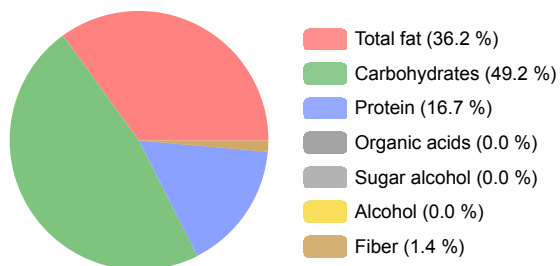
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## NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI		
		RDI	% of energy	481.17 kcal	24 %	Salt	3.47 g			
<b>Total fat</b>	19.70 g	25 %	36.21 %	2,013.22 kJ		Salt	1.22 %			
Saturated	2.45 g	12 %	4.50 %			Sodium	1,383.48 mg	60 %		Vitamins
Monounsaturated	5.77 g		10.60 %			Phosphorus	228.21 mg	18 %	Vitamin A	67.38 µg 7 %
Polyunsaturated	9.15 g		16.81 %			Potassium	415.53 mg	9 %	Vitamin D	0.00 µg 0 %
Trans fatty acids	0.08 g		0.14 %			Iron	9.76 mg	54 %	Thiamine	0.58 mg 48 %
Cholesterol	0.00 mg	0 %				Calcium	568.93 mg	44 %	Riboflavin	0.37 mg 28 %
Linolenic acid	7.80 g		14.34 %			Zinc	1.80 mg	16 %	Niacin	4.32 mg 27 %
Alpha-linolenic acid	578.74 mg		1.06 %			Magnesium	76.14 mg	18 %	Vitamin B6	0.20 mg 12 %
<b>Total Carbohydrate</b>	58.25 g	21 %	49.18 %			Iodine	0.00 µg	0 %	Vitamin B12	0.17 µg 7 %
Sugars total	15.32 g	31 %				Selenium	34.40 µg	63 %	Folate	45.08 µg 11 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.38 mg	42 %	Vitamin C	2.90 mg 3 %
Lactose	0.00 g								Vitamin E	2.31 mg 15 %
<b>Fiber</b>	3.60 g	13 %	1.43 %						Vitamin K	30.69 µg 26 %
Organic acids	0.00 g		0.00 %						Others	
Sugar alcohol	0.00 g		0.00 %						Water	179.95 g
Starch	31.39 g		26.50 %							
<b>Protein</b>	19.80 g	40 %	16.72 %							
<b>Alcohol</b>	0.00 g		0.00 %							

## PERCENTAGE OF ENERGY



## CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.