

Chickpea Fattah

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mediterranean	K-12	VG, NF	8	6.51 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1.0 ea	0 lb 2.12 oz	0%	0 lb 2.12 oz	Pita bread, 8", each <i>Cut into 1x1 inch squares</i>	<p>Baked Pita Chips: Preheat oven to 350°F. In a large mixing bowl, toss all ingredients in step 1 until combined. Transfer pita bread to a lined baking sheet and bake for 20 minutes flipping halfway. Remove from oven and reserve until service.</p> <p>*Optional, use 1 ounce of premade pita chips per serving.</p>
	2 tbsp	0 lb 0.98 oz	0%	0 lb 0.98 oz	Oil, Olive	
	1 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Seasoning, Italian	



Ingredients in bowl



Pita Bread on lined baking sheet



Pita bread, baked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 cup	11.30 oz	0%	11.30 oz	Beans, Garbanzo, canned, low sodium <i>Drained & Rinsed</i>	<p>Seasoned Chickpeas: In a mixing bowl, combine all ingredients in step 2 until chickpeas are evenly coated. Transfer to a lined baking sheet and bake for 20-25 minutes, or until golden-brown, flipping halfway. Remove from oven and reserve until service.</p>
	2 tbsp	0 lb 0.98 oz	0%	0 lb 0.98 oz	Oil, Olive	
	1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Paprika, ground	
	1/2 tsp	0 lb 0.03 oz	0%	0 lb 0.03 oz	Cumin, ground	
	1/2 tsp	0 lb 0.07 oz	0%	0 lb 0.07 oz	Garlic, granulated	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz	Salt, Kosher	



Ingredients in bowl



Chickpeas on lined baking sheet

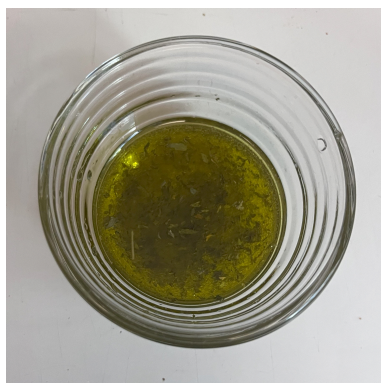


Chickpeas, baked

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
3	4 cup	1 lb 15.89 oz	0%	1 lb 15.89 oz		Vegan Yogurt, Soy, Plain	Yogurt Sauce: In a large mixing bowl, combined all ingredients in step 3. Whisk until ingredients are incorporated. Reserve in cooler until service.
	3 tbsp	0 lb 1.56 oz	59%	0 lb 3.77 oz		Lemons, juice	
	2 tbsp	0 lb 1.13 oz	0%	0 lb 1.13 oz		Sunflower Butter, unsalted	
	1 1/2 tsp	0 lb 0.26 oz	12%	0 lb 0.30 oz		Garlic, cloves, peeled, minced, dried	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz		Salt, Kosher	

*Ingredients in bowl**Yogurt sauce, done*

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
4	2 tbsp	0 lb 0.98 oz	0%	0 lb 0.98 oz		Oil, Olive	*Optional, Dried Parsley Oil: In a small mixing bowl, combine all ingredients in step 4, whisk to combine. Set aside for service.
	2 tsp	0 lb 0.03 oz	0%	0 lb 0.03 oz		Parsley Flakes, dried, whole flakes	
	2 tsp	0 lb 0.35 oz	0%	0 lb 0.35 oz		Vinegar, Distilled White	

*Dried parsley oil*

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
5	2 tsp	0 lb 0.16 oz	0%	0 lb 0.16 oz		Paprika, ground <i>*Optional</i>	For Service: To a serving bowl, add 1/2 cup of yogurt sauce, followed by 1/4 cup of chickpeas. Top with 1ounce of pita chips. Drizzle 2 teaspoons of parsley oil and dust with a sprinkle of paprika.



Yogurt sauce in bowl



Topped with chickpeas and pita



Chickpea Fattah

RECIPE IMAGES



Final- Chickpea Fattah

ALLERGENS

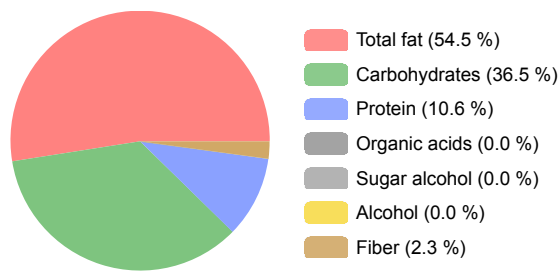
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories		Minerals		RDI	
		RDI	% of energy						
Total fat	15.65 g	20 %	54.54 %	253.72 kcal	13 %	Salt	0.77 g		
Saturated	1.99 g	10 %	6.95 %	1,061.56 kJ		Salt	0.42 %		
Monounsaturated	9.38 g		32.69 %			Sodium	308.83 mg	13 %	Vitamins
Polyunsaturated	1.96 g		6.83 %			Phosphorus	72.10 mg	6 %	Vitamin A
Trans fatty acids	0.00 g		0.00 %			Potassium	126.00 mg	3 %	Vitamin D
Cholesterol	0.00 mg	0 %				Iron	1.23 mg	7 %	Thiamine
Linolenic acid	1.86 g		6.47 %			Calcium	179.41 mg	14 %	Riboflavin
Alpha-linolenic acid	8.55 mg		0.03 %			Zinc	0.60 mg	5 %	Niacin
Total Carbohydrate	22.82 g	8 %	36.55 %			Magnesium	28.33 mg	7 %	Vitamin B6
Sugars total	7.79 g	16 %				Iodine	0.00 µg	0 %	Vitamin B12
Added sugar	0.00 g	0 %	0.00 %			Selenium	7.26 µg	13 %	Folate
Lactose	0.00 g					Copper	0.15 mg	17 %	Vitamin C
Fiber	2.99 g	11 %	2.25 %						Vitamin E
Organic acids	0.00 g		0.00 %						Vitamin K
Sugar alcohol	0.00 g		0.00 %						Others
Starch	0.03 g		0.05 %						Water
Protein	6.60 g	13 %	10.56 %						
Alcohol	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.