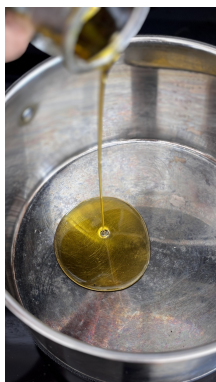


Loubia 50

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree	K-12	VG, GF, NF, SF	50	13.23
				OZ

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1 1/2 cup	0 lb 11.52 OZ	0%	0 lb 11.52 OZ	Oil, Canola	For Loubia: Heat oil in a large pot over medium heat. Add onions and sauté 5 minutes until translucent. Add spices and stir to coat onions.
	12 1/2 cup	2 lb 5.50 OZ	9%	2 lb 9.39 OZ	Onions, diced	
	1/4 cup	0 lb 1.91 OZ	12%	0 lb 2.16 OZ	Garlic powder	
	1/4 cup	0 lb 0.83 OZ	0%	0 lb 0.83 OZ	Cumin, ground	
	1/4 cup	0 lb 0.96 OZ	0%	0 lb 0.96 OZ	Paprika, ground	
	2 tbsp	0 lb 0.54 OZ	0%	0 lb 0.54 OZ	Turmeric, ground	



Heat oil



Cook onion and spices

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	12 1/2 cup	6 lb 11.25 OZ	0%	6 lb 11.25 OZ	Tomatoes, canned, crushed, in own juice	Add canned tomatoes and paste and cook 5 minutes.
	12 1/2 cup	7 lb 4.00 OZ	0%	7 lb 4.00 OZ	Tomato Paste, canned	



Adding canned tomato & paste

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	25 cup	14 lb 5.25 oz	0%	14 lb 5.25 oz	Beans, Cannellini, canned, drained, rinsed	Add beans, dried parsley and salt and cook 5 minutes. Add water and lower to a simmer for 15 minutes.
	1/2 cup	0 lb 0.40 oz	0%	0 lb 0.40 oz	Parsley Flakes, dried, whole flakes	
	1/4 cup	0 lb 1.16 oz	0%	0 lb 1.16 oz	Salt, Kosher	
	19 cup	9 lb 6.00 oz	0%	9 lb 6.00 oz	Water	



Adding white beans



Adding water

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1/2 cup	0 lb 4.15 oz	59%	0 lb 10.05 oz	Lemons, juice	For service: Portion 1 1/2 cup of Loubia in a bowl and finish with 1/2 teaspoon lemon juice if desired.

RECIPE IMAGES



Loubia

ALLERGENS

-

MEMO

Each serving provides 2 meat/meat alternate, 1/4 cup red/orange vegetable and 1/4 cup other vegetables.

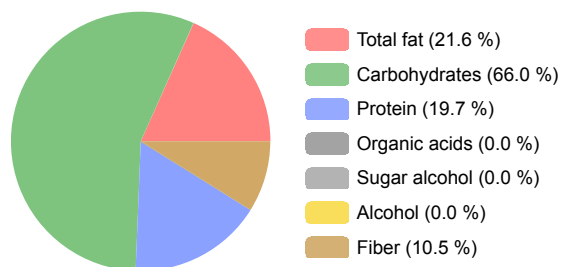
These calculations are estimates and dependent upon the ingredients/products used. Individual calculations are always recommended.

NUTRITION INFORMATION

per portion

				Minerals		RDI				
Energy nutritives		RDI	% of energy	Calories	RDI	Salt	1.04 g			
Total fat	8.07 g	10 %	21.56 %	331.15 kcal	16 %	Salt	0.28 %	Vitamins		RDI
Saturated	0.83 g	4 %	2.22 %	1,385.54 kJ		Sodium	412.75 mg	18 %	Vitamin A	70.60 µg 8 %
Monounsaturated	4.36 g		11.65 %			Phosphorus	307.70 mg	25 %	Vitamin D	0.00 µg 0 %
Polyunsaturated	2.45 g		6.54 %			Potassium	1,518.06 mg	32 %	Thiamine	0.42 mg 35 %
Trans fatty acids	0.03 g		0.07 %			Iron	7.16 mg	40 %	Riboflavin	0.23 mg 18 %
Cholesterol	0.00 mg	0 %				Calcium	155.13 mg	12 %	Niacin	3.26 mg 20 %
Linolenic acid	1.67 g		4.45 %			Zinc	2.12 mg	19 %	Vitamin B6	0.46 mg 27 %
Alpha-linolenic acid	603.71 mg		1.61 %			Magnesium	134.96 mg	32 %	Vitamin B12	0.00 µg 0 %
Total Carbohydrate	53.75 g	20 %	65.95 %			Iodine	0.00 µg	0 %	Folate	0.00 µg 0 %
Sugars total	11.75 g	24 %				Selenium	5.91 µg	11 %	Vitamin C	23.15 mg 26 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.57 mg	63 %	Vitamin E	4.95 mg 33 %
Lactose	0.00 g								Vitamin K	19.07 µg 16 %
Fiber	18.13 g	65 %	10.47 %						Others	
Organic acids	0.00 g		0.00 %						Water	291.88 g
Sugar alcohol	0.00 g		0.00 %							
Starch	0.14 g		0.18 %							
Protein	16.06 g	32 %	19.70 %							
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.