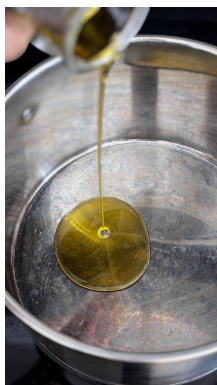


Loubia

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree	K-12	VG, GF, NF, SF	12	11.07 OZ

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 tbsp	0 lb 2.88 OZ	0%	0 lb 2.88 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.
	3 cup	0 lb 9.00 OZ	9%	0 lb 9.93 OZ	Onions, diced	
	1 tbsp	0 lb 0.48 OZ	12%	0 lb 0.54 OZ	Garlic powder	
	1 tbsp	0 lb 0.21 OZ	0%	0 lb 0.21 OZ	Cumin, ground	
	1 tbsp	0 lb 0.24 OZ	0%	0 lb 0.24 OZ	Paprika, ground	
	1 1/2 tsp	0 lb 0.13 OZ	0%	0 lb 0.14 OZ	Turmeric, ground	



Heat oil



Cook onion and spices

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3 cup	1 lb 9.74 OZ	0%	1 lb 9.74 OZ	Tomatoes, canned, crushed, in own juice	Add canned tomatoes and paste and cook 5 minutes.
	3 tbsp	0 lb 1.74 OZ	0%	0 lb 1.74 OZ	Tomato Paste, canned	



Adding canned tomato & paste

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	6 cup	3 lb 7.02 oz	0%	3 lb 7.02 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.
	4 1/2 tsp	0 lb 0.07 oz	0%	0 lb 0.08 oz	Parsley Flakes, dried, whole flakes	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	
	4 1/2 cup	2 lb 4.00 oz	0%	2 lb 4.00 oz	Water	



Adding white beans



Adding water

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	2 tbsp	0 lb 1.04 oz	59%	0 lb 2.51 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

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MEMO

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

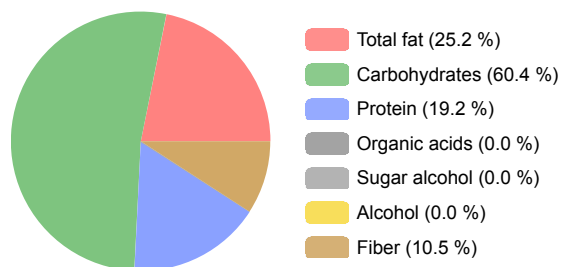
These calculations are estimates and dependent upon the ingredients/products used. Individual calculations are always recommended.

NUTRITION INFORMATION

per portion

				Minerals		RDI				
Energy nutritives				Calories	RDI			Vitamins		
		RDI	% of energy	283.13 kcal	14 %					
Total fat	8.06 g	10 %	25.18 %	1,184.62 kJ		Salt	0.98 g			
Saturated	0.79 g	4 %	2.47 %			Salt	0.31 %			
Monounsaturated	4.49 g		14.04 %			Sodium	386.82 mg	17 %	Vitamin A	24.26 µg 3 %
Polyunsaturated	2.43 g		7.58 %			Phosphorus	256.58 mg	21 %	Vitamin D	0.00 µg 0 %
Trans fatty acids	0.03 g		0.09 %			Potassium	892.91 mg	19 %	Thiamine	0.38 mg 32 %
Cholesterol	0.00 mg	0 %				Iron	5.33 mg	30 %	Riboflavin	0.14 mg 11 %
Linolenic acid	1.63 g		5.08 %			Calcium	132.71 mg	10 %	Niacin	1.36 mg 8 %
Alpha-linolenic acid	627.77 mg		1.96 %			Zinc	1.73 mg	16 %	Vitamin B6	0.33 mg 19 %
Total Carbohydrate	42.11 g	15 %	60.44 %			Magnesium	109.02 mg	26 %	Vitamin B12	0.00 µg 0 %
Sugars total	4.24 g	8 %				Iodine	0.00 µg	0 %	Folate	0.00 µg 0 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	2.65 µg	5 %	Vitamin C	9.63 mg 11 %
Lactose	0.00 g					Copper	0.35 mg	39 %	Vitamin E	2.35 mg 16 %
Fiber	15.60 g	56 %	10.54 %						Vitamin K	11.58 µg 10 %
Organic acids	0.00 g		0.00 %						Others	
Sugar alcohol	0.00 g		0.00 %						Water	246.68 g
Starch	0.01 g		0.01 %							
Protein	13.39 g	27 %	19.22 %							
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.