

Al pastor loaded fries

Recipe group Entree, Comfort	Additional name K12 PF deck	Diet factors VG, GF, NF	Portions 12	Portion size 13.12 oz
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	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
1	21 cup 2 lb 14.62 oz		22%	3 lb 11.69 oz Potato, French fry, curly cut, frozen	For fries: Prepare frozen curly fries according to package instructions.



Curly fries, baked

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
2	1 1/2 cup	12 oz	0%	12 oz Oranges, juice	For al pastor: Combine all ingredients in step 2 to a blender and blend until smooth.
	1/4 cup	2.19 oz	0%	2.19 oz Chipotle Peppers in Adobo Sauce, canned 2 each	
	6 tbsp	2.91 oz	0%	2.91 oz Sugar, Brown	
	3 tbsp	1.50 oz	0%	1.50 oz Vinegar, Apple Cider	
	1 tbsp	0.21 oz	0%	0.21 oz Cumin, ground	
	1 tbsp	0.12 oz	0%	0.12 oz Oregano, dried, whole leaves	



Ingredients in blender



Al pastor sauce, blended

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	3 tbsp	1.44 oz	0%	1.44 oz	Oil, Canola	For meat crumbles: To a large sauté pan on medium-high heat add all ingredients in step 3. Sauté crumbles for 3-5 minutes or until lightly browned. Add reserved al pastor sauce and cook until fully incorporated and browned. Hold hot for service.
	12 1/3 cup	48 oz	0%	48 oz	Vegan Meat, crumbles	



Meat crumbles in pan



Al pastor sauce added to pan



Al pastor crumbles, cooked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	3 cup	2 lb 1.60 oz	0%	2 lb 1.60 oz	Nacho Cheez	For nacho cheez: See recipe for "nacho cheez". Prepare recipe and hold hot for service.



Nacho cheez

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	1 1/2 cup	8.85 oz	0%	8.85 oz	Pineapple, tidbits, canned, in juice, drained	For service: Portion 1 3/4 cup curly fries topped with 1/2 cup al pastor meat crumbles, 1/4 cup nacho cheez sauce, and 2 tablespoons pineapple tidbits.



Al pastor loaded fries

RECIPE IMAGES



Al pastor loaded fries

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	9 lb 13.43 oz	0.00 %	9 lb 13.43 oz	0.00 %	9 lb 13.43 oz
Size of portion	13.12 oz		13.12 oz		13.12 oz

MEMO

Substitute the orange juice with the juice from the canned pineapple to reduce waste.

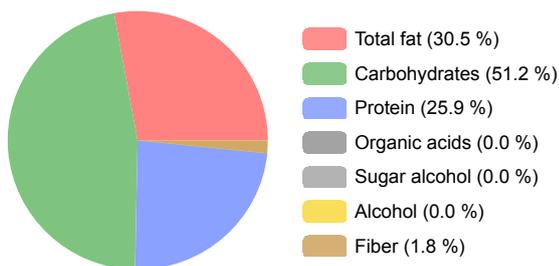
Crediting: Each serving provides 2 oz eq meat/meat alternate and 1 cup starchy vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	Vitamins		RDI
Total fat	17.37 g	22 %	30.52 %	503.10 kcal	25 %	Salt	1.27 g		Vitamin A	273.13 µg	30 %
Saturated	1.57 g	8 %	2.76 %	2,104.99 kJ		Salt	0.34 %		Vitamin D	0.00 µg	0 %
Monounsaturated	7.17 g		12.60 %			Sodium	1,025.10 mg	45 %	Thiamine	0.23 mg	19 %
Polyunsaturated	3.99 g		7.01 %			Phosphorus	132.58 mg	11 %	Riboflavin	0.08 mg	6 %
Trans fatty acids	0.03 g		0.05 %			Potassium	2,118.78 mg	45 %	Niacin	3.23 mg	20 %
Cholesterol	0.00 mg	0 %				Iron	7.15 mg	40 %	Vitamin B6	0.47 mg	28 %
Linolenic acid	2.99 g		5.26 %			Calcium	174.85 mg	13 %	Vitamin B12	0.00 µg	0 %
Alpha-linolenic acid	972.45 mg		1.71 %			Zinc	0.81 mg	7 %	Folate	0.00 µg	0 %
Total Carbohydrate	63.35 g	23 %	51.16 %			Chloride	0.00 mg	0 %	Biotin	0.00 µg	0 %
Sugars total	14.03 g	28 %				Chromium	0.00 µg	0 %	Choline	0.00 mg	0 %
Added sugar	0.00 g	0 %	0.00 %			Fluoride	0.00 mg		Pantothenic Acid	0.00 mg	0 %
Lactose	0.00 g					Magnesium	49.54 mg	12 %	Vitamin C	35.73 mg	40 %
Fiber	4.60 g	16 %	1.75 %			Molybdenum	0.00 µg	0 %	Vitamin E	2.15 mg	14 %
Organic acids	0.00 g		0.00 %			Iodine	0.00 µg	0 %	Vitamin K	20.04 µg	17 %
Sugar alcohol	0.00 g		0.00 %			Selenium	0.91 µg	2 %			
Starch	25.96 g		20.96 %			Copper	0.33 mg	37 %			
Protein	32.11 g	64 %	25.94 %						Others		
Alcohol	0.00 g		0.00 %						Water	183.92 g	

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.