

Breakfast sopes

Recipe group Breakfast	Additional name K12 PF deck	Diet factors VG, GF, NF	Portions 12	Portion size 7.88 oz
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Name of ingredient	AP	Capacity measure	EP	Trim loss	Methods
1 Masa Harina	15.75 oz	3 1/2 cup	15.75 oz	0%	For sope: To a mixing bowl, combine all ingredients in step 1. Portion with #12 green scoop onto parchment lined sheet pan.
Water	1 lb 10 oz	3 1/4 cup	1 lb 10 oz	0%	
Oil, Canola	0.96 oz	2 tbsp	0.96 oz	0%	
Salt, Kosher	0.44 oz	5 1/2 tsp	0.44 oz	0%	
Baking Powder	0.32 oz	2 1/4 tsp	0.32 oz	0%	



Portioned sope dough

Name of ingredient	AP	Capacity measure	EP	Trim loss	Methods
2					Shape raw dough on sheet pan using the back of measuring cup, create a 3 inch divot in dough. Preheat oven to 400°F. Bake for 15 minutes.

2



Shaping sope shell



Shaped sope

Name of ingredient	AP	Capacity measure	EP	Trim loss	Methods
3 Tofu, Extra Firm	2 lb 1.57 oz	3 3/4 cup	2 lb 1 oz	2%	For tofu scramble: In a rondo pan, sauté crumbled tofu in oil, add remaining ingredients from step 3. Do not over mix. NOTE: Alternatively, combine ingredients on greased sheet pan for tofu scramble, bake in oven.
Oil, Canola	1.44 oz	3 tbsp	1.44 oz	0%	
Onion, powder	0.19 oz	2 1/2 tsp	0.19 oz	0%	
Turmeric, ground	0.23 oz	2 1/2 tsp	0.23 oz	0%	
Cumin, ground	0.10 oz	1 1/2 tsp	0.10 oz	0%	
Pepper, Black, ground	0.12 oz	1 1/2 tsp	0.12 oz	0%	
Garlic, powder	0.17 oz	1 1/2 tsp	0.17 oz	0%	



Tofu scramble

Name of ingredient	AP	Capacity measure	EP	Trim loss	Methods
4 Guacamole, premade	6.36 oz	3/4 cup	6.36 oz	0%	For service: Top sope shell with 1/2 cup of scramble and garnish with 1 tablespoon guacamole, 1 tablespoon tomato, 1/2 teaspoon cilantro and 1 jalapeno pepper ring.
Tomatoes, medium dice	6.67 oz	3/4 cup	6.67 oz	0%	
Peppers, Jalapeño, rings, canned, drained	4.13 oz	1/2 cup	2.27 oz	45%	
Cilantro, fresh, chopped	1.12 oz	1/4 cup	0.52 oz	54%	

RECIPE IMAGES



Breakfast sope

MEMO

Crediting: Each serving provides 1 oz eq meat/meat alternate, and 2 oz eq grains.

NUTRITION INFORMATION

per portion

Energy nutritives		% of energy	Calories	Minerals			
Total fat	11.25 g	38.44 %	258.83 kcal 1,082.97 kJ	Salt	1.26 g		
Saturated	1.23 g	4.20 %		Salt	0.56 %	Vitamins	
Monounsaturated	4.84 g	16.53 %	Sodium	512.71 mg	Vitamin A	15.56 µg	
Polyunsaturated	4.40 g	15.03 %	Phosphorus	225.79 mg	Vitamin D	0.00 µg	
Trans fatty acids	0.02 g	0.08 %	Potassium	362.16 mg	Thiamine	0.63 mg	
Cholesterol	0.00 mg		Iron	8.10 mg	Riboflavin	0.35 mg	
Linolenic acid	3.61 g	12.33 %	Calcium	367.69 mg	Niacin	4.01 mg	
Alpha-linolenic acid	518.62 mg	1.77 %	Zinc	1.42 mg	Vitamin B6	0.25 mg	
Total Carbohydrate	32.72 g	51.36 %	Chloride	0.00 mg	Vitamin B12	0.00 µg	
Sugars total	1.69 g		Chromium	0.00 µg	Folate	66.98 µg	
Added sugar	0.00 g	0.00 %	Fluoride	0.00 mg	Biotin	0.00 µg	
Lactose	0.00 g		Magnesium	64.39 mg	Choline	0.00 mg	
Fiber	3.32 g	2.45 %	Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg	
Organic acids	0.00 g	0.00 %	Iodine	0.00 µg	Vitamin C	3.24 mg	
Sugar alcohol	0.00 g	0.00 %	Selenium	11.10 µg	Vitamin E	1.23 mg	
Starch	24.56 g	38.55 %	Copper	0.26 mg	Vitamin K	12.22 µg	
Protein	9.95 g	15.61 %					
Alcohol	0.00 g	0.00 %					
					Others		
					Water	152.00 g	

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.