

Caribbean chickpea wrap

Recipe group Entree, Caribbean	Additional name K12 PF deck	Diet factors VG, NF, SF	Portions 12	Portion size 10.84 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 cup	2 lb 1.90 oz	0%	2 lb 1.90 oz	Beans, Garbanzo, canned, low sodium <i>drained and rinsed</i>	For chickpea filling: To a large mixing bowl, add all ingredients in step 1. Lightly mash to bring the mixture together, leaving some chickpeas whole to create texture in filling.
	1 1/2 cup	13.02 oz	0%	13.02 oz	Hummus, premade	
	1 1/2 cup	5.85 oz	19%	7.20 oz	Carrots, peeled, shredded	
	3/4 cup	4.23 oz	0%	4.23 oz	Onions, Yellow, chopped	
	1/2 cup	2.55 oz	0%	2.55 oz	Raisins	
	4 1/2 tbsp	2.33 oz	58%	5.51 oz	Limes, juice	
	2 tbsp	0.60 oz	0%	0.60 oz	Seasoning Mix, Jerk	
	1 tbsp	0.44 oz	0%	0.44 oz	Sugar, White, granulated	
	2 tsp	0.16 oz	0%	0.16 oz	Salt, Kosher	



Ingredients in bowl



Ingredients partially mashed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	6 cup	1 lb 3.80 oz	20%	1 lb 8.75 oz	Cabbage, Red, shredded	For service: On a 12" tortilla, portion 1/2 cup cabbage, 3/4 cup garbanzo bean mixture, and 1/4 cup defrosted and drained mango. Wrap tightly and serve.
	3 cup	14.82 oz	0%	14.82 oz	Mango, frozen, chunks <i>defrosted and drained</i>	
	12 ea	2 lb 0.40 oz	0%	2 lb 0.40 oz	Tortilla, Flour, whole grain, 12"	



*Wrap chickpea salad with
cabbage and mango*



Caribbean chickpea wrap

RECIPE IMAGES



Caribbean chickpea wrap

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 2.11 oz	0.00 %	8 lb 2.11 oz	0.00 %	8 lb 2.11 oz
Size of portion	10.84 oz		10.84 oz		10.84 oz

MEMO

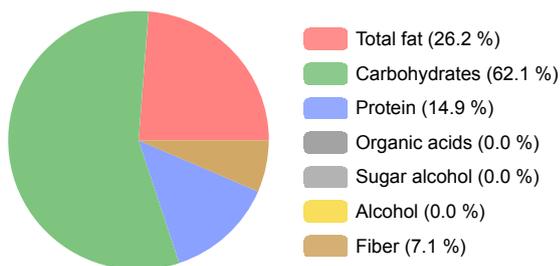
Crediting: Each serving provides 2 oz eq meat/meat alternate, 2 oz eq grains, ½ cup other vegetable, and ¼ cup fruit.

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI		Vitamins		RDI
Total fat	12.21 g	16 %	26.24 %	411.49 kcal	20 %	Salt	2.21 g			Vitamin A	137.55 µg	15 %
Saturated	4.39 g	22 %	9.44 %	1,721.69 kJ		Salt	0.72 %			Vitamin D	0.00 µg	0 %
Monounsaturated	4.00 g		8.59 %			Sodium	882.32 mg	38 %		Tiamine	0.76 mg	63 %
Polyunsaturated	2.63 g		5.64 %			Phosphorus	408.62 mg	33 %		Riboflavin	0.30 mg	23 %
Trans fatty acids	0.00 g		0.00 %			Potassium	603.91 mg	13 %		Niacin	4.50 mg	28 %
Cholesterol	0.00 mg	0 %				Iron	4.20 mg	23 %		Vitamin B6	0.81 mg	48 %
Linolenic acid	1.45 g		3.12 %			Calcium	256.78 mg	20 %		Vitamin B12	0.00 µg	0 %
Alpha-linolenic acid	0.00 mg		0.00 %			Zinc	2.76 mg	25 %		Folate	0.00 µg	0 %
Total Carbohydrate	62.88 g	23 %	62.09 %			Chloride	0.00 mg	0 %		Biotin	0.00 µg	0 %
Sugars total	12.59 g	25 %				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	120.74 mg	29 %		Vitamin C	33.15 mg	37 %
Fiber	15.37 g	55 %	7.14 %			Molybdenum	0.00 µg	0 %		Vitamin E	1.33 mg	9 %
Organic acids	0.00 g		0.00 %			Iodine	0.00 µg	0 %		Vitamin K	44.12 µg	37 %
Sugar alcohol	0.00 g		0.00 %			Selenium	31.15 µg	57 %				
Starch	0.20 g		0.20 %			Copper	0.55 mg	61 %				
Protein	15.05 g	30 %	14.86 %									
Alcohol	0.00 g		0.00 %									
Others												
											Water	205.00 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.