

Kafta bowl

Recipe group Entree, Mediterranean	Additional name K12 PF deck	Diet factors VG, GF, NF	Portions 12	Portion size 18.35 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 tbsp	1.43 oz	0%	1.43 oz	Oil, Olive Blend	For stew: In a pan on medium heat, add oil. Once heated, add onion & pepper mix along with garlic. Cook down for 3-5 minutes. Add tomato paste and cook down for an additional 1-2 minutes or until fragrant.
	4 cup	1 lb 10.38 oz	0%	1 lb 10.38 oz	Vegetables, Frozen, Mixed <i>Onion and Peppers Mix</i>	
	1 tbsp	0.53 oz	12%	0.60 oz	Garlic, cloves, peeled, minced	
	3/4 cup	6.96 oz	0%	6.96 oz	Tomato Paste, canned	



Oil, vegetables, and garlic in skillet



Tomato paste added to skillet

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	6 cup	3 lb	0%	3 lb	Water, hot	Add all ingredients in step 2 to pan and allow stew to come to a boil.
	1 tbsp	0.22 oz	0%	0.22 oz	Coriander Seed, ground	
	2 tsp	0.16 oz	0%	0.16 oz	Salt, Kosher	
	1 1/2 tsp	0.10 oz	0%	0.10 oz	Cumin, ground	
	1 1/2 tsp	0.22 oz	0%	0.22 oz	Sugar, White, granulated	
	3/4 tsp	0.05 oz	0%	0.05 oz	Allspice, ground	



Spices added to skillet



Water added to skillet

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	36 ea	2 lb 6.10 oz	0%	2 lb 6.10 oz	Vegan Meatballs <i>Italian style preferred</i>	Add meatballs and potatoes to pan, cover, and reduce to a simmer. Allow mixture to simmer for 15-20 minutes or until meatballs and potatoes are cooked through. Remove cover, and allow stew to simmer for an additional 5 minutes until thickened.
	7 cup	15.54 oz	22%	1 lb 3.90 oz	Potato, diced, frozen	



Meatballs and potatoes added to stew



Meatballs and potatoes cooked through

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	12 cup	5 lb 2.56 oz	0%	5 lb 2.56 oz	Rice, Brown, long grain, cooked	For service: Add 1 cup of rice to bowl, and top with 3/4 cup of stew and three meatballs.

RECIPE IMAGES



Kafta bowl

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	13 lb 12.26 oz	0.00 %	13 lb 12.26 oz	0.00 %	13 lb 12.26 OZ
Size of portion	18.35 oz		18.35 oz		18.35 oz

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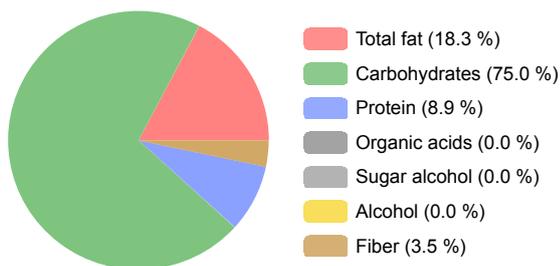
Crediting: Each serving provides 2 oz eq meat/meat alternate, 2 oz eq grains, ½ cup other vegetable, and ¼ cup other vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			RDI		
Total fat	7.64 g	10 %	18.25 %	370.48 kcal	18 %	Salt	0.75 g				
Saturated	1.34 g	7 %	3.20 %	1,550.08 kJ		Salt	0.14 %			Vitamins	
Monounsaturated	4.00 g		9.55 %			Sodium	300.14 mg	13 %		Vitamin A	376.09 µg 42 %
Polyunsaturated	1.74 g		4.15 %			Phosphorus	274.93 mg	22 %		Vitamin D	0.00 µg 0 %
Trans fatty acids	0.00 g		0.00 %			Potassium	613.28 mg	13 %		Tiamine	0.43 mg 36 %
Cholesterol	0.00 mg	0 %				Iron	2.49 mg	14 %		Riboflavin	0.20 mg 15 %
Linolenic acid	1.59 g		3.79 %			Calcium	38.42 mg	3 %		Niacin	6.60 mg 41 %
Alpha-linolenic acid	103.32 mg		0.25 %			Zinc	1.99 mg	18 %		Vitamin B6	0.43 mg 25 %
Total Carbohydrate	68.36 g	25 %	74.97 %			Chloride	0.00 mg	0 %		Vitamin B12	0.00 µg 0 %
Sugars total	4.65 g	9 %				Fluoride	0.00 mg	0 %		Folate	0.00 µg 0 %
Added sugar	0.00 g	0 %	0.00 %			Magnesium	104.22 mg	25 %		Biotin	0.00 µg 0 %
Lactose	0.00 g					Molybdenun	0.00 µg	0 %		Choline	0.00 mg 0 %
Fiber	6.76 g	24 %	3.49 %			Iodine	0.00 µg	0 %		Pantothei Acid	0.00 mg 0 %
Organic acids	0.00 g		0.00 %			Selenium	12.85 µg	23 %		Vitamin C	9.69 mg 11 %
Sugar alcohol	0.00 g		0.00 %			Copper	0.39 mg	43 %		Vitamin E	1.86 mg 12 %
Starch	56.91 g		62.41 %							Vitamin K	18.39 µg 15 %
Protein	8.13 g	16 %	8.92 %							Others	
Alcohol	0.00 g		0.00 %							Water	343.23 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.