

Meatloaf cupcake

Recipe group Entree, Comfort	Additional name K12 PF deck	Diet factors VG, NF	Portions 12	Portion size 6.61 oz
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	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
1	4 1/2 cup	17.46 oz	0%	17.46 oz Vegan Meat, crumbles	For meatloaf: In a bowl, combine all ingredients in step 1 until well mixed. Preheat oven to 350°F. Portion into greased muffin pan with #12 green scoop and press in. Bake for 20 minutes.
	1 1/2 cup	5.20 oz	0%	5.20 oz Bread Crumbs, dry, plain	
	1 1/2 cup	7.42 oz	0%	7.43 oz Salsa, Tomato, premade	
	3 tbsp	1.44 oz	0%	1.44 oz Oil, Canola	
	1 tbsp	0.23 oz	0%	0.23 oz Onion, powder	
	1 tbsp	0.24 oz	0%	0.24 oz Salt, Kosher	
	2 tsp	0.16 oz	0%	0.16 oz Pepper, Black, ground	



Meatloaf mixture



	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
2	4 cup	8.48 oz	0%	8.48 oz Potato, flakes	For potatoes: Combine all ingredients in step 2. Potatoes will be hot. Hot hold in steam table or hot box for 2 hours.
	4 cup	2 lb	0%	2 lb Water, boiling	
	1/2 cup	4 oz	0%	4 oz Non-Dairy Butter	
	1 1/2 tsp	0.12 oz	0%	0.12 oz Pepper, Black, ground	
	1 3/4 tsp	0.14 oz	0%	0.14 oz Salt, Kosher	



Mashed poatoes

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/4 cup	2.40 oz	0%	2.40 oz	Ketchup	For service: Top meatloaf with a #12 green scoop of mashed potatoes, drizzle with 1 teaspoon of ketchup and a sprinkle of parsley flakes.
	1 tsp	0.02 oz	0%	0.02 oz	Parsley Flakes, dried, whole flakes	



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ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	4 lb 15.31 oz	0.00 %	4 lb 15.31 oz	0.00 %	4 lb 15.31 oz
Size of portion	6.61 oz		6.61 oz		6.61 oz

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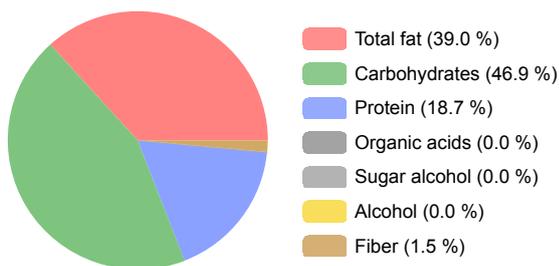
Crediting: Each serving provides 1 oz eq meat/meat alternate, and ¼ cup other vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI		Vitamins		RDI
Total fat	13.00 g	17 %	38.96 %	295.05 kcal	15 %	Salt	1.51 g			Vitamin A	7.61 µg	1 %
Saturated	2.01 g	10 %	6.02 %	1,234.50 kJ		Salt	0.80 %			Vitamin D	0.00 µg	0 %
Monounsaturated	5.84 g		17.51 %			Sodium	843.08 mg	37 %		Thiamine	0.33 mg	28 %
Polyunsaturated	3.43 g		10.27 %			Phosphorus	63.05 mg	5 %		Riboflavin	0.09 mg	7 %
Trans fatty acids	1.96 g		5.87 %			Potassium	787.94 mg	17 %		Niacin	2.27 mg	14 %
Cholesterol	0.00 mg	0 %				Iron	2.75 mg	15 %		Vitamin B6	0.20 mg	12 %
Linolenic acid	2.82 g		8.44 %			Calcium	79.82 mg	6 %		Vitamin B12	0.06 µg	2 %
Alpha-linolenic acid	545.37 mg		1.63 %			Zinc	0.42 mg	4 %		Folate	10.07 µg	3 %
Total Carbohydrate	34.05 g	12 %	46.89 %			Chloride	0.00 mg	0 %		Biotin	0.00 µg	0 %
Sugars total	4.01 g	8 %				Chromium	0.00 µg	0 %		Choline	0.00 mg	0 %
Added sugar	0.00 g	0 %	0.00 %			Fluoride	0.00 mg			Pantothei Acid	0.00 mg	0 %
Lactose	0.00 g					Magnesium	24.95 mg	6 %		Vitamin C	18.72 mg	21 %
Fiber	2.38 g	8 %	1.54 %			Molybdenun	0.00 µg	0 %		Vitamin E	1.42 mg	9 %
Organic acids	0.00 g		0.00 %			Iodine	0.00 µg	0 %		Vitamin K	14.35 µg	12 %
Sugar alcohol	0.00 g		0.00 %			Selenium	6.00 µg	11 %				
Starch	21.47 g		29.57 %			Copper	0.12 mg	13 %		Others		
Protein	13.59 g	27 %	18.72 %							Water	98.82 g	
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.