

Sloppy taco joe

Recipe group Entree, Mexican	Additional name K12 PF deck	Diet factors VG, NF, SF	Portions 12	Portion size 5.24 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	4 cup	1 lb 11.08 oz	0%	1 lb 11.08 oz	Beans, Lentils, cooked	For taco filling: In rondo pan or tilt skillet combine all ingredients in step 1. Cook over medium heat until heated through. Note: Do not over mix lentils.
	3/4 cup	6 oz	0%	6 oz	Water	
	1/2 cup	4.64 oz	0%	4.64 oz	Tomato Paste, canned	
	1/2 cup	2.47 oz	0%	2.48 oz	Salsa, Tomato, premade	
	1/3 cup	1.69 oz	0%	1.69 oz	Seasoning, Taco	



Sloppy taco mixture complete

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	12 ea	1 lb 5 oz	0%	1 lb 5 oz	Buns, Hamburger, Wheat, sliced	For service: split roll and top with 1 blue #16 scoop. Add toppings as desired.



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ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	3 lb 14.88 oz	0.00 %	3 lb 14.88 oz	0.00 %	3 lb 14.88 oz
Size of portion	5.24 oz		5.24 oz		5.24 oz

MEMO

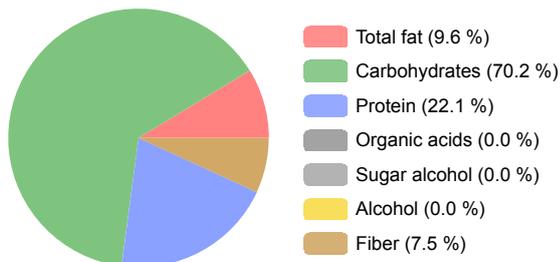
Crediting: Each serving provides 1 oz eq meat/meat alternate, and 1.75 oz eq grains.

NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories	RDI	Minerals		RDI	Vitamins		RDI
Total fat	2.51 g	3 %	9.57 %	231.96 kcal 970.52 kJ	12 %	Salt	1.33 g		Vitamin A	27.10 µg	3 %
Saturated	0.51 g	3 %	1.93 %			Sodium	528.62 mg	23 %	Vitamin D	0.00 µg	0 %
Monounsaturated	0.41 g		1.56 %	Phosphorus	234.13 mg	19 %	Thiamine	0.34 mg	28 %		
Polyunsaturated	1.04 g		3.95 %	Potassium	530.47 mg	11 %	Riboflavin	0.16 mg	12 %		
Trans fatty acids	0.01 g		0.04 %	Iron	3.99 mg	22 %	Niacin	3.32 mg	21 %		
Cholesterol	0.00 mg	0 %		Calcium	115.09 mg	9 %	Vitamin B6	0.24 mg	14 %		
Linolenic acid	0.92 g		3.50 %	Zinc	1.75 mg	16 %	Vitamin B12	0.09 µg	4 %		
Alpha-linolenic acid	83.35 mg		0.32 %	Chloride	0.00 mg	0 %	Folate	0.00 µg	0 %		
Total Carbohydrate	40.07 g	15 %	70.19 %	Chromium	0.00 µg	0 %	Biotin	0.00 µg	0 %		
Sugars total	6.29 g	13 %		Fluoride	0.00 mg		Choline	0.00 mg	0 %		
Added sugar	0.00 g	0 %	0.00 %	Magnesium	69.05 mg	16 %	Pantothei Acid	0.00 mg	0 %		
Lactose	0.00 g			Molybdenun	0.00 µg	0 %	Vitamin C	4.78 mg	5 %		
Fiber	9.14 g	33 %	7.54 %	Iodine	0.00 µg	0 %	Vitamin E	0.81 mg	5 %		
Organic acids	0.00 g		0.00 %	Selenium	18.73 µg	34 %	Vitamin K	4.79 µg	4 %		
Sugar alcohol	0.00 g		0.00 %	Copper	0.33 mg	37 %					
Starch	14.17 g		24.83 %				Others				
Protein	12.62 g	25 %	22.11 %				Water	89.99 g			
Alcohol	0.00 g	0.00 %	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.