

Sweet curry chickpea sandwich

Recipe group Entree, Indian	Additional name K12 PF deck	Diet factors VG, NF, SF	Portions 12	Portion size 10.64 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	For curry chickpeas: Lightly mash chickpeas in a food processor or by hand.



Chickpeas, lightly mashed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3 cup	1 lb 10.04 oz	0%	1 lb 10.04 oz	Hummus, premade	In a large mixing bowl, combine mashed chickpeas and all ingredients in step 2, mix to combine.
	2 cup	7.76 oz	26%	10.50 oz	Apples, Granny Smith, peeled, cored, medium dice	
	1 1/2 cup	5.85 oz	19%	7.20 oz	Carrots, peeled, shredded	
	1 cup	5.10 oz	0%	5.10 oz	Raisins	
	1 cup	4.23 oz	31%	6.15 oz	Celery, small dice	
	1/4 cup	2.07 oz	59%	5.02 oz	Lemons, juice	
	2 tbsp	0.42 oz	0%	0.42 oz	Curry Powder, mild	
	2 tsp	0.23 oz	0%	0.23 oz	Garlic, powder	
	1 1/4 tsp	0.10 oz	0%	0.10 oz	Salt, Kosher	
	1/2 tsp	0.03 oz	0%	0.03 oz	Cumin, ground	



Ingredients in bowl



Ingredients, combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	24 ea	2 lb 10 oz	0%	2 lb 10 oz	Bread, Whole Wheat, slice 2 slices whole wheat bread per sandwich	For service: Portion 1 cup onto whole grain bread or bun. Slice in half if desired.



Add 1/2 cup of filling to whole grain bread



Sweet curry chickpea sandwich, sliced

RECIPE IMAGES



Sweet curry chickpea sandwich

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	7 lb 15.74 oz	0.00 %	7 lb 15.74 oz	0.00 %	7 lb 15.74 oz
Size of portion	10.64 oz		10.64 oz		10.64 oz

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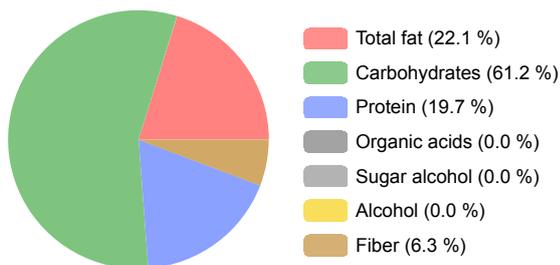
Crediting: Each serving provides 2 oz eq meat/meat alternate, 2 oz eq grains, 1/4 cup other vegetable, and 1/3 cup fruit.

NUTRITION INFORMATION

per portion

Energy nutritives				Calories		Minerals		RDI		Vitamins		
		RDI	% of energy		RDI						RDI	
Total fat	11.20 g	14 %	22.14 %	447.32 kcal	22 %	Salt	2.25 g			Vitamin A	119.38 µg	13 %
Saturated	1.79 g	9 %	3.54 %	1,871.61 kJ		Salt	0.75 %			Vitamin D	0.00 µg	0 %
Monounsaturated	3.56 g		7.03 %			Sodium	900.64 mg	39 %		Thiamine	0.54 mg	45 %
Polyunsaturated	4.56 g		9.02 %			Phosphorus	398.82 mg	32 %		Riboflavin	0.25 mg	19 %
Trans fatty acids	0.02 g		0.04 %			Potassium	624.44 mg	13 %		Niacin	5.10 mg	32 %
Cholesterol	0.00 mg	0 %				Iron	5.31 mg	30 %		Vitamin B6	0.76 mg	45 %
Linolenic acid	2.18 g		4.30 %			Calcium	227.42 mg	17 %		Vitamin B12	0.00 µg	0 %
Alpha-linolenic acid	138.99 mg		0.27 %			Zinc	3.56 mg	32 %		Folate	0.00 µg	0 %
Total Carbohydrate	67.41 g	25 %	61.23 %			Chloride	0.00 mg	0 %		Biotin	0.00 µg	0 %
Sugars total	9.09 g	18 %				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	0.01 g					Magnesium	146.95 mg	35 %		Vitamin C	3.12 mg	3 %
Fiber	14.83 g	53 %	6.34 %			Molybdenum	0.00 µg	0 %		Vitamin E	3.21 mg	21 %
Organic acids	0.00 g		0.00 %			Iodine	0.00 µg	0 %		Vitamin K	15.84 µg	13 %
Sugar alcohol	0.00 g		0.00 %			Selenium	29.31 µg	53 %				
Starch	28.71 g		26.08 %			Copper	0.71 mg	79 %				
Protein	21.69 g	43 %	19.71 %									
Alcohol	0.00 g		0.00 %									
										Others		
										Water	184.64 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.