

Tofu "egg" salad sandwich

Recipe group Entree, American	Additional name K12 PF deck	Diet factors VG, NF	Portions 12	Portion size 13.24 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 cup	3 lb 4.80 oz	2%	3 lb 5.71 oz	Tofu, Firm, drained, pressed, crumbled	For tofu "egg" salad: In a large mixing bowl, toss all ingredients in step 1 to combine.
	2 cup	8.46 oz	31%	12.30 oz	Celery, small dice	
	2 cup	4 oz	17%	4.83 oz	Onions, Green, sliced thinly on bias	
	2 cup	15.80 oz	0%	15.80 oz	Vegan Mayonnaise	
	1/4 cup	2.12 oz	0%	2.12 oz	Sauce, Mustard	
	3 tbsp	1.03 oz	0%	1.03 oz	Pickle, Dill, brine	
	2 1/2 tbsp	0.60 oz	0%	0.60 oz	Salt, Kosher	
	2 tbsp	0.22 oz	0%	0.22 oz	Dill Weed, dried	
	2 tsp	0.18 oz	0%	0.18 oz	Turmeric, ground	



Ingredients combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	24 ea	2 lb 10 oz	0%	2 lb 10 oz	Bread, Multi-grain, slice	For service: On a slice of bread, add 4-5 pickles, 1 cup of tofu "egg" salad and 1/2 cup of lettuce. Slice and serve.
	3 cup	1 lb 0.41 oz	0%	1 lb 0.41 oz	Pickle, Dill, sliced	
	6 cup	15.24 oz	2%	15.61 oz	Lettuce, Iceberg, shredded	



Pickles on bread slice



Tofu (egg) salad on bread slice



Topped with lettuce

RECIPE IMAGES



Tofu "egg" salad sandwich

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	9 lb 14.86 oz	0.00 %	9 lb 14.86 oz	0.00 %	9 lb 14.86 oz
Size of portion	13.24 oz		13.24 oz		13.24 oz

MEMO

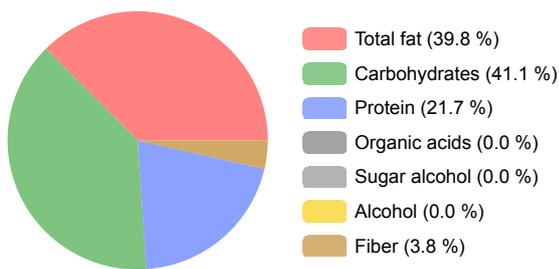
Crediting: Each serving provides 2 oz eq meat/meat alternate, 2 oz eq grains, and ¼ cup other vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI			
Total fat	22.48 g	29 %	39.84 %	499.06 kcal	25 %	Salt	4.09 g				
Saturated	2.89 g	14 %	5.12 %	2,088.07 kJ		Salt	1.09 %				
Monounsaturated	4.16 g		7.38 %			Sodium	1,635.48 mg	71 %	Vitamin A	37.29 µg	4 %
Polyunsaturated	11.56 g		20.48 %			Phosphorus	395.97 mg	32 %	Vitamin D	0.00 µg	0 %
Trans fatty acids	0.06 g		0.10 %			Potassium	603.50 mg	13 %	Thiamine	0.45 mg	38 %
Cholesterol	0.00 mg	0 %				Iron	10.18 mg	57 %	Riboflavin	0.26 mg	20 %
Linolenic acid	10.12 g		17.93 %			Calcium	614.92 mg	47 %	Niacin	4.52 mg	28 %
Alpha-linolenic acid	20.68 mg		0.04 %			Zinc	3.04 mg	28 %	Vitamin B6	0.39 mg	23 %
Total Carbohydrate	50.54 g	18 %	41.15 %			Chloride	0.00 mg	0 %	Vitamin B12	0.00 µg	0 %
Sugars total	9.28 g	19 %				Chromium	0.00 µg	0 %	Folate	0.00 µg	0 %
Added sugar	0.00 g	0 %	0.00 %			Fluoride	0.00 mg		Biotin	0.00 µg	0 %
Lactose	0.57 g					Magnesium	148.99 mg	35 %	Choline	0.00 mg	0 %
Fiber	9.83 g	35 %	3.77 %			Molybdenum	0.00 µg	0 %	Pantothenic Acid	0.00 mg	0 %
Organic acids	0.00 g		0.00 %			Iodine	0.00 µg	0 %	Vitamin C	4.34 mg	5 %
Sugar alcohol	0.00 g		0.00 %			Selenium	46.21 µg	84 %	Vitamin E	1.46 mg	10 %
Starch	25.50 g		20.76 %			Copper	0.59 mg	66 %	Vitamin K	60.88 µg	51 %
Protein	26.65 g	53 %	21.70 %						Others		
Alcohol	0.00 g		0.00 %						Water	268.53 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.