

# Totchos

Recipe group Entree, American	Additional name K12 PF deck	Diet factors VG, GF, NF, SF	Portions 12	Portion size 12.22 oz
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	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
1	12 cup	40.21 oz	22%	51.49 oz Potato, Tater Tot, frozen	For totchos: Bake tater tots according to package instructions and hold hot for service



*Prepare tater tots according to instructions*



*Tater tots, baked*

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
2	2 tbsp	0.96 oz	0%	0.96 oz Oil, Canola	Heat oil in large sauté pan over medium heat. Add onions and cook for 3-5 minutes.
	1 cup	3.90 oz	9%	4.30 oz Onions, Red, medium dice	



*Oil added to pan*



*Onions added to pan*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>3</b>	6 cup	50.82 oz	0%	50.82 oz	Beans, Black, canned, drained, rinsed	Add black beans and peppers to saute pan, season with remaining ingredients in step 3 and saute for 2-4 minutes, stirring occasionally.
	1 cup	4.15 oz	19%	5.10 oz	Pepper, Bell, Green, medium dice	
	1 tbsp	0.24 oz	0%	0.24 oz	Salt, Kosher	
	1 tbsp	0.34 oz	0%	0.34 oz	Garlic, powder	
	1 tbsp	0.32 oz	0%	0.32 oz	Seasoning, Taco	



*Beans and peppers added to pan*



*Salt, pepper, garlic and taco seasoning added*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>4</b>	4 cup	2 lb 13.70 oz	0%	2 lb 13.70 oz	Nacho Cheez	For nacho cheez: Prepare recipe according to directions. In large bowl, add nacho cheez to black bean mixture and baked tater tots and toss until fully combined.



*Nacho cheez*



*Add cheez to beans and tots*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>5</b>						For service: On a plate, portion 1 cup tater tots, 1/2 cup of bean mixture mix, and 1/3 cup of nacho cheez.

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*Tatchos*

**RECIPE IMAGES**



*Totchos*

**ALLERGENS**

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**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	9 lb 2.64 oz	0.00 %	9 lb 2.64 oz	0.00 %	9 lb 2.64 oz
Size of portion	12.22 oz		12.22 oz		12.22 oz

**MEMO**

Nacho Cheez recipe accompanies this and can also be found at <https://www.forwardfood.org/nacho-cheez>

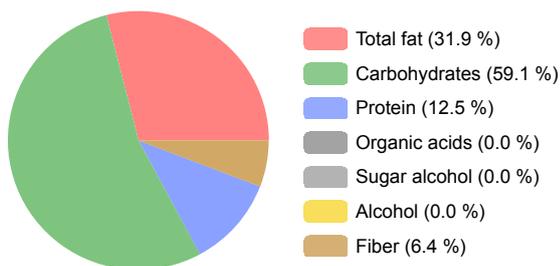
Crediting: Each serving provides 2 oz eq meat/meat alternate, and 1 cup other vegetable.

## NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI		Vitamins		RDI
<b>Total fat</b>	<b>14.19 g</b>	<b>18 %</b>	<b>31.87 %</b>	<b>393.75 kcal</b>	<b>20 %</b>	<b>Salt</b>	<b>2.18 g</b>			<b>Vitamin A</b>	<b>325.94 µg</b>	<b>36 %</b>
Saturated	1.58 g	8 %	3.55 %	<b>1,647.48 kJ</b>		Salt	0.63 %			Vitamin D	0.00 µg	0 %
Monounsaturated	7.16 g		16.08 %			Sodium	871.39 mg	38 %			Vitamin B6	0.56 mg
Polyunsaturated	4.04 g		9.08 %		Phosphorus	255.86 mg	20 %			Vitamin B12	0.00 µg	0 %
Trans fatty acids	0.03 g		0.07 %		Potassium	1,222.63 mg	26 %			Folate	0.00 µg	0 %
Cholesterol	0.00 mg	0 %			Iron	4.82 mg	27 %			Biotin	0.00 µg	0 %
Linolenic acid	2.97 g		6.67 %		Calcium	86.97 mg	7 %			Choline	0.00 mg	0 %
Alpha-linolenic acid	982.55 mg		2.21 %		Zinc	1.51 mg	14 %			Pantothei Acid	0.00 mg	0 %
<b>Total Carbohydrate</b>	<b>57.30 g</b>	<b>21 %</b>	<b>59.12 %</b>		Chloride	0.00 mg	0 %			Vitamin C	28.90 mg	32 %
Sugars total	3.24 g	6 %			Chromium	0.00 µg	0 %			Vitamin E	2.93 mg	20 %
Added sugar	0.00 g	0 %	0.00 %		Fluoride	0.00 mg				Vitamin K	21.76 µg	18 %
Lactose	0.00 g				Magnesium	84.71 mg	20 %					
<b>Fiber</b>	<b>13.16 g</b>	<b>47 %</b>	<b>6.39 %</b>		Molybdenun	0.00 µg	0 %					
Organic acids	0.00 g		0.00 %		Iodine	0.00 µg	0 %					
Sugar alcohol	0.00 g		0.00 %		Selenium	2.48 µg	5 %					
Starch	22.59 g		23.31 %		Copper	0.58 mg	64 %					
<b>Protein</b>	<b>12.10 g</b>	<b>24 %</b>	<b>12.49 %</b>									
<b>Alcohol</b>	<b>0.00 g</b>	<b>0.00 %</b>	<b>0.00 %</b>									
										<b>Others</b>		
										<b>Water</b>	<b>254.13 g</b>	

## PERCENTAGE OF ENERGY



## CO<sub>2</sub>



Comparable CO<sub>2</sub> 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.