

# BBQ Lentil Meatball Pizza

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Italian	Protein Foundations	VG	12	28.76 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	For Meatballs - Heat oven to 350 degrees F. Heat oil in a skillet or flat top grill over medium-high heat. Add onions and cook until softened, about 3 minutes. Add garlic and cook for another minute, or until fragrant. Remove from pan or grill and place into a large mixing bowl to cool.
	3/4 cup	0 lb 3.34 oz	9%	0 lb 3.68 oz	Onions, Yellow, small dice	
	1 tbsp	0 lb 0.53 oz	12%	0 lb 0.60 oz	Garlic, cloves, peeled, minced	



*Cooking Onions and Garlic*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 1/3 cup	0 lb 11.65 oz	2%	0 lb 11.85 oz	Tofu, Extra Firm, drained, pressed, cubed	In a food processor place tofu and 1/2 of the listed lentils (do this process in batches as needed) and process until all smooth and a uniform mixture. Remove from food processor and add to onion mixture. Add remaining lentils, oat flour, breadcrumbs, salt, seasoning, and BBQ sauce. Mix well with hands or in a stand mixer with a paddle attachment. Using a scale or scoop, portion out 1 oz portions and roll into balls. Place on a parchment lined sheet pan and repeat until all the mixture is used. Keep in the walk-in until ready to bake.
	3 3/4 cup	1 lb 9.39 oz	0%	1 lb 9.39 oz	Beans, Lentils, cooked	
	1 1/4 cup	0 lb 3.75 oz	0%	0 lb 3.75 oz	Oats, Rolled, dry	
	1 1/4 cup	0 lb 3.50 oz	0%	0 lb 3.50 oz	Crumbs, Panko Bread	
	3/4 tsp	0 lb 0.07 oz	0%	0 lb 0.07 oz	Salt, Kosher	
	4 tsp	0 lb 0.17 oz	0%	0 lb 0.17 oz	Seasoning, Steak	
	1/2 cup	0 lb 5.00 oz	0%	0 lb 5.00 oz	Sauce, Barbeque	



Tofu and Lentils in Food Processor



Processed Tofu and Lentils

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To cook meatballs: Using a parchment lined sheet pan, place as many of the balls, spaced 1/2 inch apart, as needed. Cook in oven for 10 minutes, rotate pan, and cook for another 10 minutes or until slightly browned. Remove from oven and cool using proper cooling procedures. Once cooled, carefully cut meatballs in half.

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BBQ Lentil Meatballs



Once Cooled, Cut Meatballs In Half

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Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1 2/3 cup	8.30 oz	2%	8.44 oz	Tofu, Extra Firm, drained, pressed, cubed <i>Break into pieces</i>	For Tofu Ricotta: Place tofu, seasoning, juice, and salt into a food processor. Process until all ingredients are mixed well and tofu resembles ricotta cheese. Use a spatula to scrape down the sides as needed. Remove and reserve.
1 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Seasoning, Italian	
1 tbsp	0 lb 0.52 oz	59%	0 lb 1.26 oz	Lemons, juice	
1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	

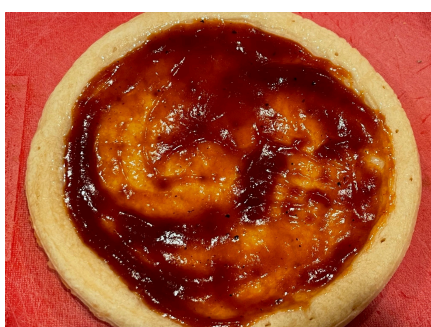


Tofu Ricotta Ingredients



Tofu Ricotta Processed

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5 12.0 ea	16 lb 8.00 oz	0%	16 lb 8.00 oz	Vegan Pizza Dough, premade 7 " personal size pizza	For Pizza: Preheat oven to 450 degrees F - spread two (2) Tablespoons of BBQ Sauce across bottom of pizza dough. Place six (6) halves of meatballs spread out evenly on pizza. Spread one (1) Tablespoon of Tofu Ricotta across pizza and around meatballs. Spread one (1) Tablespoon of Red Onion on top of and around pizza.
1 1/2 cup	0 lb 15.00 oz	0%	0 lb 15.00 oz	Sauce, Barbeque	
3/4 cup	0 lb 2.25 oz	9%	0 lb 2.48 oz	Onions, Red, sliced Thinly Sliced on a Madoline if possible	



BBQ Sauce Added to Pizza Dough



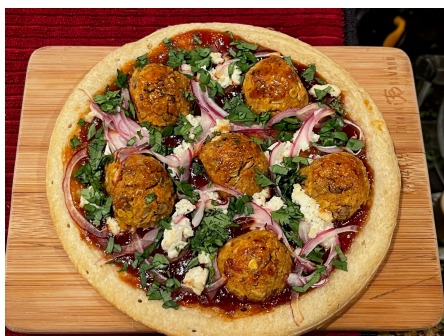
Adding Meatballs and Ricotta



Final Pizza Ready to Bake

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6 1/4 cup	0 lb 0.52 oz	54%	0 lb 1.12 oz	Cilantro, fresh, chopped	Bake pizza on sheet pans for 7-9 minutes, or until dough is crispy and golden brown. Remove pizza from oven and sprinkle with one (1) teaspoon chopped Cilantro. With a large knife or pizza wheel, cut pizza into four (4) pieces and serve.





*Finished Pizza  
Garnished with Cilantro*

## RECIPE IMAGES



*BBQ Lentil Meatball Pizza*

## ALLERGENS

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## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	21 lb 9.09 oz	0 %	21 lb 9.09 oz	0 %	21 lb 9.09 oz
Size of portion	28.76 oz		28.76 oz		28.76 oz

## ADDITIONAL INFO

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## MEMO

This recipe is using a par-baked, pre-made pizza dough. If using a different type of dough, baking times will differ.

This recipe is designed for 12 x 7" personal pizza - below are ingredient amounts for a 12" Large Size Pizza though the ingredient amounts would need to be adjusted for 12 x 12" Large Size Pizzas

7" Personal Pizza -

Pizza Dough

2 Tablespoons BBQ Sauce as Base

6 Meatball Halves

1 Tablespoon Tofu Ricotta

1 Tablespoon Red Onion, thinly sliced

1 teaspoon Cilantro, chopped - put on pizza after baked as garnish

12" Large Size Pizza -

Pizza Dough

1/2 cup BBQ Sauce as Base

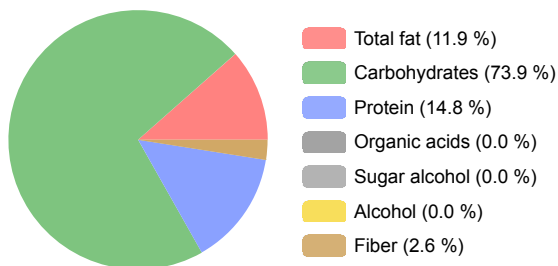
16 Meatball Halves  
 1/4 cup Tofu Ricotta  
 1/4 cup Red Onion, thinly Sliced  
 1 Tablespoon Cilantro, chopped - put on pizza after baked as garnish

**NUTRITION INFORMATION**

per portion

Energy nutritives				Calories	RDI	Minerals		RDI		Vitamins		
		RDI	% of energy									
<b>Total fat</b>	<b>28.39 g</b>	<b>36 %</b>	<b>11.87 %</b>	<b>2,114.65 kcal</b>	<b>105 %</b>	<b>Salt</b>	<b>10.39 g</b>			<b>Vitamin A</b>	<b>11.08 µg</b>	<b>1 %</b>
Saturated	0.83 g	4 %	0.35 %	<b>8,847.78 kJ</b>		Sodium	4,139.44 mg	180 %		Vitamin D	0.00 µg	0 %
Monounsaturated	7.43 g		3.11 %			Phosphorus	933.21 mg	75 %		Thiamine	3.66 mg	305 %
Polyunsaturated	11.36 g		4.75 %			Potassium	1,347.79 mg	29 %		Riboflavin	2.04 mg	157 %
Trans fatty acids	0.01 g		0.00 %			Iron	26.10 mg	145 %		Niacin	29.95 mg	187 %
Cholesterol	0.00 mg	0 %				Calcium	718.31 mg	55 %		Vitamin B6	0.76 mg	45 %
Linolenic acid	10.26 g		4.29 %			Zinc	8.31 mg	76 %		Vitamin B12	0.03 µg	1 %
Alpha-linolenic acid	217.26 mg		0.09 %			Magnesium	239.05 mg	57 %		Folate	1,010.92 µg	253 %
<b>Total Carbohydrate</b>	<b>384.48 g</b>	<b>140 %</b>	<b>73.87 %</b>			Iodine	0.00 µg	0 %		Vitamin C	5.25 mg	6 %
Sugars total	38.12 g	76 %				Selenium	176.88 µg	322 %		Vitamin E	2.93 mg	20 %
Added sugar	0.00 g	0 %	0.00 %			Copper	1.85 mg	206 %		Vitamin K	21.81 µg	18 %
Lactose	0.00 g									Others		
<b>Fiber</b>	<b>28.59 g</b>	<b>102 %</b>	<b>2.58 %</b>							Water	309.38 g	
Organic acids	0.00 g		0.00 %									
Sugar alcohol	0.00 g		0.00 %									
Starch	35.03 g		6.73 %									
Protein	76.75 g	154 %	14.75 %									
Alcohol	0.00 g		0.00 %									

**PERCENTAGE OF ENERGY**



**CO2**



**Comparable values**

Snacks	2.45 kg
Main courses	3.42 kg
Desserts	1.55 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.