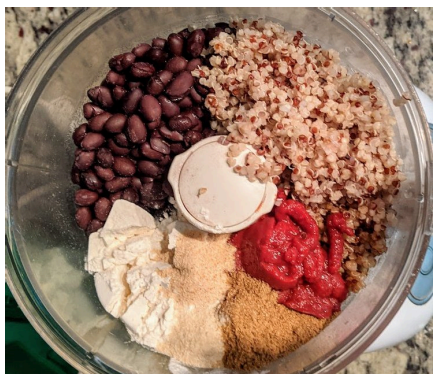


# Black Bean Quinoa Falafel Pita Sandwich

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree	Protein Foundations	VG	12	11.50 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 1/2 cup	1 lb 13.65 oz	0%	1 lb 13.65 oz	Beans, Black, canned, drained, rinsed	In a food processor, combine all listed ingredients in step 1, just enough to incorporate but broken down to a paste.
	2 cup	0 lb 11.00 oz	0%	0 lb 11.00 oz	Quinoa, cooked	
	1 cup	0 lb 4.60 oz	0%	0 lb 4.60 oz	Flour, All-Purpose	
	1/4 cup	0 lb 2.32 oz	0%	0 lb 2.32 oz	Tomato Paste, canned	
	4 tbsp	0 lb 2.35 oz	0%	0 lb 2.35 oz	Soy Sauce, regular	
	2 tsp	0 lb 0.14 oz	0%	0 lb 0.14 oz	Cumin, ground	
	1 tsp	0 lb 0.11 oz	0%	0 lb 0.11 oz	Garlic, powder	
	1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Onion, powder	
	1 tsp	0 lb 0.07 oz	0%	0 lb 0.07 oz	Coriander Seed, ground	



Add ingredients to food processor.



Falafel Mixture

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2						Scoop mixture into 1 ounce patties and place on parchment lined sheet tray. Freeze for 15-20 minutes.

2



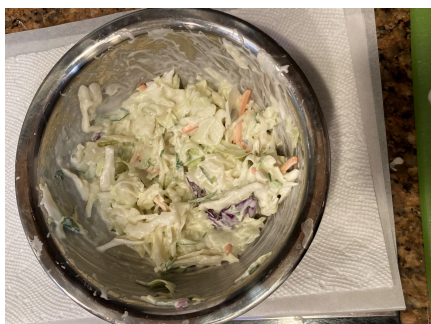
1 oz. Portioned Patties

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3		0.00 lb	0%	0.00 lb	Oil, Canola <i>As needed</i>	Heat up oil on the flat top and sear the patties for 2 minutes on each side, until golden brown. Alternatively, you can deep fry the patties for 3-4 minutes until cooked through and golden brown. Remove and place on paper towel to drain excess oil. Hold hot for service.



*Cooked Falafel Patties*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	3 cup	1 lb 7.70 oz	0%	1 lb 7.70 oz	Vegan Mayonnaise	For the coleslaw: In a large mixing bowl combine all ingredients listed in step 4. Mix until the cabbage is evenly coated.
	2 1/2 cup	0 lb 11.72 oz	45%	1 lb 5.32 oz	Cucumber, peeled, seeded, chopped	
	12 cup	1 lb 7.88 oz	1%	1 lb 8.02 oz	Cabbage, Coleslaw Mix	
	1/4 cup	0 lb 2.07 oz	59%	0 lb 5.02 oz	Lemons, juice	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Salt, Kosher	
	1 1/2 tsp	0 lb 0.17 oz	0%	0 lb 0.17 oz	Garlic, powder	
	1 1/2 tsp	0 lb 0.12 oz	0%	0 lb 0.12 oz	Onion, powder	
	1/4 cup	0 lb 0.52 oz	54%	0 lb 1.12 oz	Cilantro, fresh, chopped	



*Final Coleslaw*



*Coleslaw Ingredients*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	12.0 ea	1 lb 9.40 oz	0%	1 lb 9.40 oz	Pita bread, 6", each	To assemble: Cut the pita bread in half. In each half fill with 2 ounces of coleslaw mixture, then top with 2 falafel patties, finish with 1 more ounce of coleslaw and 1 teaspoon chopped cilantro.



Half a Pita with Coleslaw & Falafel Patties



Finished Pita

**RECIPE IMAGES**



Final Plate

**ALLERGENS**

-

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 10.05 oz	0 %	8 lb 10.05 oz	0 %	8 lb 10.05 oz
Size of portion	11.50 oz		11.50 oz		11.50 oz

**ADDITIONAL INFO**

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**MEMO**

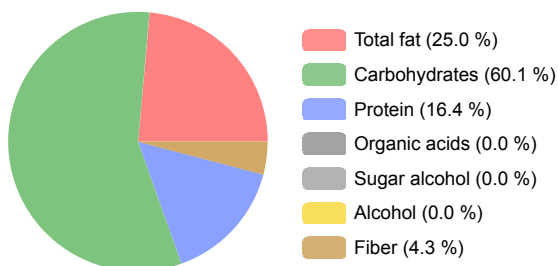
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## NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			RDI		
<b>Total fat</b>	<b>21.17 g</b>	<b>27 %</b>	<b>24.97 %</b>	<b>749.62 kcal</b>	<b>37 %</b>	<b>Salt</b>	<b>3.23 g</b>				
Saturated	2.13 g	11 %	2.52 %	3,136.38 kJ		Salt	0.99 %			Vitamins	
Monounsaturated	3.58 g		4.22 %			Sodium	1,289.61 mg	56 %		Vitamin A	14.39 µg 2 %
Polyunsaturated	10.87 g		12.83 %			Phosphorus	560.41 mg	45 %		Vitamin D	0.00 µg 0 %
Trans fatty acids	0.08 g		0.10 %			Potassium	1,606.25 mg	34 %		Thiamine	1.18 mg 98 %
Cholesterol	0.00 mg	0 %				Iron	10.02 mg	56 %		Riboflavin	0.49 mg 38 %
Linolenic acid	9.46 g		11.16 %			Calcium	248.24 mg	19 %		Niacin	5.28 mg 33 %
Alpha-linolenic acid	0.59 mg		0.00 %			Zinc	3.42 mg	31 %		Vitamin B6	0.47 mg 28 %
<b>Total Carbohydrate</b>	<b>110.97 g</b>	<b>40 %</b>	<b>60.15 %</b>			Magnesium	229.47 mg	55 %		Vitamin B12	0.00 µg 0 %
Sugars total	4.08 g	8 %				Iodine	0.00 µg	0 %		Folate	49.80 µg 12 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	26.46 µg	48 %		Vitamin C	33.26 mg 37 %
Lactose	0.00 g					Copper	1.09 mg	121 %		Vitamin E	2.61 mg 17 %
<b>Fiber</b>	<b>16.93 g</b>	<b>60 %</b>	<b>4.32 %</b>							Vitamin K	40.45 µg 34 %
Organic acids	0.00 g		0.00 %							Others	
Sugar alcohol	0.00 g		0.00 %							Water	155.82 g
Starch	13.60 g		7.37 %								
<b>Protein</b>	<b>30.22 g</b>	<b>60 %</b>	<b>16.38 %</b>								
<b>Alcohol</b>	<b>0.00 g</b>	<b>0.00 %</b>	<b>0.00 %</b>								

## PERCENTAGE OF ENERGY



## CO2



### Comparable values

Snacks	0.98 kg
Main courses	1.37 kg
Desserts	0.62 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.