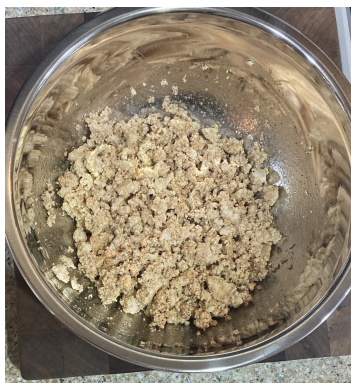


Chorizo Tofu Enchiladas

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mexican	Protein Foundations	VG, NF	12	11.20 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1/4 cup	0 lb 2.35 oz	0%	0 lb 2.35 oz	Soy Sauce, regular	For the Chorizo Tofu: In a bowl, mix together soy sauce, oil, vinegar, and spices. Crumble tofu and toss in sauce until coated.
	1/4 cup	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	
	2 tbsp	0 lb 1.00 oz	0%	0 lb 1.00 oz	Vinegar, Apple Cider	
	5 tbsp	0 lb 1.60 oz	0%	0 lb 1.60 oz	Seasoning, Taco	
	5 cup	1 lb 11.50 oz	2%	1 lb 11.98 oz	Tofu, Extra Firm	



Toss tofu in spices.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 1/4 cup	0 lb 5.56 oz	9%	0 lb 6.14 oz	Onions, White, small diced	Preheat oven to 350°F. Add onions and peppers to the chorizo and stir to combine. Then spread chorizo mixture evenly on a parchment lined sheet tray. Bake for 45 minutes until crispy and golden, mixing half way with a spatula. Chorizo can be stored in a hotel pan in hot box until ready for use.
	1 1/4 cup	0 lb 4.88 oz	19%	0 lb 6.00 oz	Pepper, Bell, Green, small dice	



Add onions and peppers.



Chorizo mixture baked.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	2 cup	1 lb 0.94 oz	0%	1 lb 0.94 oz	Beans, Black, canned, drained, rinsed	In a bowl combine chorizo mixture and beans. In the center of each tortilla place 2 ounces of filling and roll tight by folding in the sides and then rolling (similar to a burrito).
	24.0 ea	1 lb 8.55 oz	0%	1 lb 8.55 oz	Tortilla, Flour, shells, 6"	



Enchilada filling.



Enchilada rolled.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1 1/2 cup	0 lb 12.71 oz	0%	0 lb 12.71 oz	Sauce, Enchilada	Preheat oven to 400°F. Spread enchilada sauce evenly in a hotel pan. Place rolled tortillas in a line, side by side, in the hotel pan.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	3 cup	1 lb 9.41 oz	0%	1 lb 9.41 oz	Sauce, Enchilada	Top with remaining enchilada sauce and cover with tin foil. Bake enchiladas in oven for 20 minutes, until internal temperature of 165°F. Cooked enchiladas can be stored in hotel pan in a hot box or hot well until ready for service.



Enchiladas in hotel pan

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	1 1/2 cup	0 lb 2.55 oz	25%	0 lb 3.40 oz	Lettuce, Romaine, shredded	For service: top two enchiladas with 2 tablespoons lettuce and 2 tablespoons Pico de Gallo.
	1 1/2 cup	0 lb 7.42 oz	0%	0 lb 7.43 oz	Pico de Gallo, premade	

RECIPE IMAGES



Tofu Enchiladas

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 6.39 oz	0 %	8 lb 6.39 oz	0 %	8 lb 6.39 oz
Size of portion	11.20 oz		11.20 oz		11.20 oz

ADDITIONAL INFO

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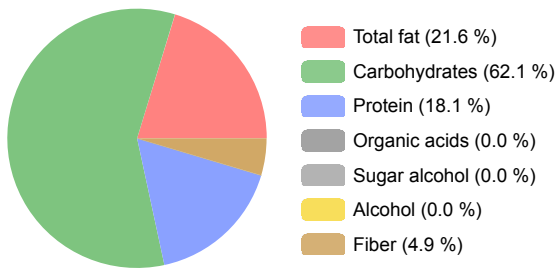
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NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories		Minerals		RDI		
					RDI					
Total fat	12.75 g	16 %	21.65 %	520.66 kcal	26 %	Salt	2.96 g			
				2,178.47 kJ		Salt	0.93 %		Vitamins	
Saturated	2.59 g	13 %	4.40 %			Sodium	3,056.99 mg	133 %	Vitamin A	35.88 µg 4 %
Monounsaturated	4.62 g		7.84 %			Phosphorus	378.76 mg	30 %	Vitamin D	0.00 µg 0 %
Polyunsaturated	4.56 g		7.74 %			Potassium	942.42 mg	20 %	Thiamine	0.73 mg 61 %
Trans fatty acids	0.05 g		0.08 %			Iron	9.65 mg	54 %	Riboflavin	0.31 mg 24 %
Cholesterol	0.00 mg	0 %				Calcium	386.35 mg	30 %	Niacin	3.94 mg 25 %
Linolenic acid	3.72 g		6.31 %			Zinc	1.81 mg	16 %	Vitamin B6	0.28 mg 16 %
Alpha-linolenic acid	538.57 mg		0.91 %			Magnesium	104.65 mg	25 %	Vitamin B12	0.00 µg 0 %
Total Carbohydrate	79.53 g	29 %	62.06 %			Iodine	0.00 µg	0 %	Vitamin C	0.00 µg 0 %
Sugars total	4.80 g	10 %				Selenium	20.27 µg	37 %	Folate	45.82 µg 11 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.63 mg	70 %	Vitamin E	12.77 mg 14 %
Lactose	0.00 g								Vitamin K	0.94 mg 6 %
Fiber	13.42 g	48 %	4.93 %						Others	
Organic acids	0.00 g		0.00 %						Water	127.41 g
Sugar alcohol	0.00 g		0.00 %							
Starch	22.26 g		17.37 %							
Protein	23.26 g	47 %	18.15 %							
Alcohol	0.00 g		0.00 %							

PERCENTAGE OF ENERGY



CO2



0.01 kg

Comparable values

Snacks	0.95 kg
Main courses	1.33 kg
Desserts	0.60 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.