

# Korean Lentil Sloppy Joe

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Comfort	Protein Foundations	VG	12	10.10 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1/3 cup	0 lb 5.96 oz	0%	0 lb 5.96 oz	Sauce, Gochujang	For Korean Lentil Sloppy Joe Filling - In a bowl combine gochujang, sugar, sauce, vinegar, cornstarch and stock mixing well. Reserve.
	2/3 cup	0 lb 5.12 oz	0%	0 lb 5.12 oz	Sugar, Brown	
	3 tbsp	0 lb 1.76 oz	0%	0 lb 1.76 oz	Soy Sauce, regular	
	1/3 cup	0 lb 2.75 oz	0%	0 lb 2.75 oz	Vinegar, Rice Wine	
	2 tbsp	0 lb 0.56 oz	0%	0 lb 0.56 oz	Cornstarch	
	2/3 cup	0 lb 5.28 oz	0%	0 lb 5.28 oz	Stock, Vegetable	



*Sauce Mixture*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 tbsp	0 lb 1.00 oz	0%	0 lb 1.00 oz	Oil, Sesame	In a large skillet or pot, heat oil over medium-high heat. Add onions and cook until translucent, about 3-5 minutes. Add garlic, ginger, and lentils and cook for another minute or until fragrant. Add reserved sauce and bring mixture to a boil then reduce heat and allow to simmer until everything is heated through and lentils are coated in a thick sauce. Hold hot for service.
	2 cup	0 lb 8.90 oz	9%	0 lb 9.82 oz	Onions, Yellow, small dice	
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	
	2 tbsp	0 lb 0.50 oz	0%	0 lb 0.50 oz	Ginger, fresh, minced	
	6 cup	2 lb 8.62 oz	0%	2 lb 8.62 oz	Beans, Lentils, cooked	



*Sautéing Aromatics and Lentils*



*Adding Sauce to Mixture*



*Finished Consistency*

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
<b>3</b>	4 cup	0 lb 13.20 oz	20%	1 lb 0.50 oz		Cabbage, Green, shredded	For the Cabbage Cucumber Slaw - In a mixing bowl, combine cabbage, cucumbers, onions, vinegar, oil, and salt. Mix well and reserve.
	2 cup	0 lb 9.60 oz	5%	0 lb 10.11 oz		Cucumber, with peel, sliced	
	1/4 cup	0 lb 0.75 oz	9%	0 lb 0.83 oz		Onions, Red, sliced	
	1/4 cup	0 lb 2.08 oz	0%	0 lb 2.08 oz		Vinegar, Rice Wine	
	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz		Oil, Canola	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz		Salt, Kosher	



*Ingredients Ready To Be Mixed*



*Cabbage Slaw Mixed and Ready*

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
<b>4</b>	12.0 ea	1 lb 5.00 oz	0%	1 lb 5.00 oz		Buns, Hamburger, White, sliced	To plate - Place bottom half of bun on plate. Add 1/2 cup (4oz) lentil mixture to bun. Top with 2 Tablespoons of slaw. Add top half of bun.

**RECIPE IMAGES**



*Korean Lentil Sloppy Joe*

**ALLERGENS**

-

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	7 lb 9.14 oz	0 %	7 lb 9.14 oz	0 %	7 lb 9.14 oz
Size of portion	10.10 oz		10.10 oz		10.10 oz

**ADDITIONAL INFO**

-

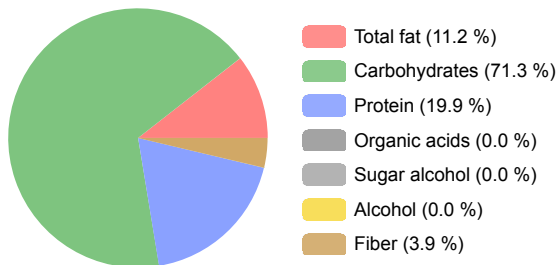
**MEMO**

**NUTRITION INFORMATION**

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy	609.96 kcal	30 %	Salt	1.49 g	Vitamins	
<b>Total fat</b>	<b>7.75 g</b>	<b>10 %</b>	<b>11.24 %</b>	<b>2,552.06 kJ</b>		Salt	0.52 %	Vitamin A	19.00 µg 2 %
Saturated	1.11 g	6 %	1.61 %			Sodium	799.88 mg 35 %	Vitamin D	0.00 µg 0 %
Monounsaturated	2.94 g		4.27 %			Phosphorus	348.72 mg 28 %	Thiamine	1.15 mg 96 %
Polyunsaturated	3.06 g		4.44 %			Potassium	885.53 mg 19 %	Riboflavin	0.38 mg 29 %
Trans fatty acids	0.02 g		0.03 %			Iron	8.36 mg 46 %	Niacin	4.86 mg 30 %
Cholesterol	0.00 mg	0 %				Calcium	141.88 mg 11 %	Vitamin B6	0.67 mg 39 %
Linolenic acid	2.62 g		3.80 %			Zinc	3.69 mg 34 %	Vitamin B12	0.10 µg 4 %
Alpha-linolenic acid	294.54 mg		0.43 %			Magnesium	68.95 mg 16 %	Folate	26.29 µg 7 %
<b>Total Carbohydrate</b>	<b>107.11 g</b>	<b>39 %</b>	<b>71.35 %</b>			Iodine	0.00 µg 0 %	Vitamin C	19.54 mg 22 %
Sugars total	21.06 g	42 %				Selenium	14.44 µg 26 %	Vitamin E	1.10 mg 7 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.82 mg 91 %	Vitamin K	36.67 µg 31 %
Lactose	0.00 g							Others	
<b>Fiber</b>	<b>12.58 g</b>	<b>45 %</b>	<b>3.94 %</b>					Water	101.12 g
Organic acids	0.00 g		0.00 %						
Sugar alcohol	0.00 g		0.00 %						
Starch	66.28 g		44.15 %						
<b>Protein</b>	<b>29.87 g</b>	<b>60 %</b>	<b>19.90 %</b>						
<b>Alcohol</b>	<b>0.00 g</b>	<b>0.00 %</b>	<b>0.00 %</b>						

**PERCENTAGE OF ENERGY**



**CO2**



**Comparable values**

Snacks	0.86 kg
Main courses	1.20 kg
Desserts	0.54 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.