

# Mediterranean Fried Tomato White Bean Sandwich

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree	Protein Foundations	VG, NF	12	9.06 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 cup	1 lb 11.51 oz	0%	1 lb 11.51 oz	Beans, Cannellini, canned, drained, rinsed	For White Bean Spread: In a food processor, combine all ingredients from step 1 and blend until smooth. Store white bean spread in a sealed container in cooler until ready for service.
	1/2 cup	0 lb 2.65 oz	23%	0 lb 3.44 oz	Tomatoes, Sun Dried, julienne, oil drained	
	1/3 cup	0 lb 2.92 oz	0%	0 lb 2.92 oz	Tahini Paste	
	3 tbsp	0 lb 1.47 oz	0%	0 lb 1.47 oz	Oil, Olive	
	2 tbsp	0 lb 1.04 oz	59%	0 lb 2.51 oz	Lemons, juice	
	5 tsp	0 lb 0.88 oz	12%	0 lb 1.00 oz	Garlic, cloves, peeled, minced	
	2 tbsp	0 lb 0.24 oz	0%	0 lb 0.24 oz	Seasoning, Italian	
	2 tsp	0 lb 0.19 oz	0%	0 lb 0.19 oz	Salt, Kosher	
	2 tsp	0 lb 0.16 oz	0%	0 lb 0.16 oz	Pepper, Black, ground	



*White bean spread.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 1/2 cup	0 lb 6.90 oz	0%	0 lb 6.90 oz	Flour, All-Purpose	For Fried Tomatoes: Prepare breading in 3 separate bowls. In first bowl, mix flour and spices. In second bowl, add soymilk. And in third bowl, add bread crumbs.
	2 tbsp	0 lb 0.24 oz	0%	0 lb 0.24 oz	Seasoning, Italian	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Salt, Kosher	
	1 1/2 cup	0 lb 12.00 oz	0%	0 lb 12.00 oz	Non-Dairy Milk, Soy, unsweetened	
	1 1/2 cup	0 lb 5.25 oz	0%	0 lb 5.25 oz	Bread Crumbs, dry, plain	



*Breeding station setup.*

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
3	12.0 ea	0 lb 10.80 oz	6%	0 lb 11.51 oz Tomatoes, 1/2" slice, each	Dredge tomato slice - toss in flour mixture to coat. Then soak in soy milk and toss in bread crumbs. Repeat these steps to double bread tomatoes.



*First toss tomato in flour mixture.*



*Second dip tomato in soy milk.*



*Finally coat in bread crumbs.*

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4					Heat oil in deep fryer or large pot to 350°F. Fry tomatoes in oil for 5-6 minutes or until golden brown. Drain in perforated hotel pan. Tomatoes can be made to order or stored in hotel pans in a hot box or hot well until ready for service.



*Tomatoes fried.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	12.0 ea	1 lb 5.00 oz	0%	1 lb 5.00 oz	Buns, Hamburger, White, sliced	For service: build sandwich with 1.5 ounces white bean spread on each bun, top base of bun with .25 ounce spinach, add fried tomato, 1 ounce zucchini, and then cover with top of bun.
	3 1/4 cup	0 lb 12.35 oz	6%	0 lb 13.17 oz	Squash, Zucchini, sliced 1/4" rounds	
	4 1/3 cup	0 lb 3.00 oz	1%	0 lb 3.03 oz	Spinach, Baby, stemmed, bagged	



Mediterranean spread on both sides of bun.



Add zucchini and spinach.



Add fried tomato.

**RECIPE IMAGES**



Mediterranean Fried Tomato White Bean Sandwich

**ALLERGENS**

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**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	6 lb 12.75 oz	0 %	6 lb 12.75 oz	0 %	6 lb 12.75 oz
Size of portion	9.06 oz		9.06 oz		9.06 oz

**ADDITIONAL INFO**

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**MEMO**

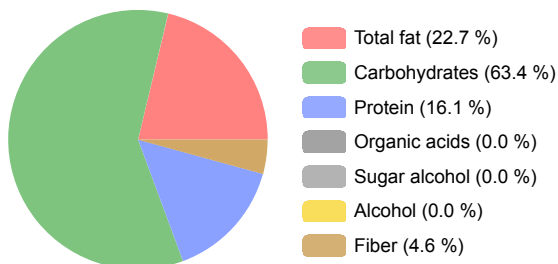
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## NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			RDI		
<b>Total fat</b>	<b>11.52 g</b>	<b>15 %</b>	<b>22.71 %</b>	<b>448.66 kcal</b>	<b>22 %</b>	<b>Salt</b>	<b>2.11 g</b>				
Saturated	1.87 g	9 %	3.68 %	1,877.18 kJ		Salt	0.82 %			Vitamins	
Monounsaturated	5.01 g		9.87 %			Sodium	841.22 mg	37 %		Vitamin A	69.95 µg 8 %
Polyunsaturated	3.71 g		7.32 %			Phosphorus	308.38 mg	25 %		Vitamin D	0.34 µg 2 %
Trans fatty acids	0.01 g		0.03 %			Potassium	814.13 mg	17 %		Thiamine	0.74 mg 62 %
Cholesterol	0.00 mg	0 %				Iron	5.40 mg	30 %		Riboflavin	0.40 mg 31 %
Linolenic acid	3.12 g		6.15 %			Calcium	232.60 mg	18 %		Niacin	4.39 mg 27 %
Alpha-linolenic acid	88.11 mg		0.17 %			Zinc	2.09 mg	19 %		Vitamin B6	0.28 mg 16 %
<b>Total Carbohydrate</b>	<b>70.04 g</b>	<b>25 %</b>	<b>63.43 %</b>			Magnesium	100.11 mg	24 %		Vitamin B12	0.46 µg 19 %
Sugars total	5.33 g	11 %				Iodine	0.00 µg	0 %		Folate	36.46 µg 9 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	23.65 µg	43 %		Vitamin C	24.05 mg 27 %
Lactose	0.00 g					Copper	0.44 mg	49 %		Vitamin E	0.94 mg 6 %
<b>Fiber</b>	<b>10.73 g</b>	<b>38 %</b>	<b>4.57 %</b>							Vitamin K	42.23 µg 35 %
Organic acids	0.00 g		0.00 %							Others	
Sugar alcohol	0.00 g		0.00 %							Water	152.05 g
Starch	25.61 g		23.19 %								
<b>Protein</b>	<b>17.77 g</b>	<b>36 %</b>	<b>16.10 %</b>								
<b>Alcohol</b>	<b>0.00 g</b>		<b>0.00 %</b>								

## PERCENTAGE OF ENERGY



## CO2



### Comparable values

Snacks	0.77 kg
Main courses	1.08 kg
Desserts	0.49 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.