

Mediterranean White Bean Burger

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mediterranean	Protein Foundations	VG, NF, SF	12	8.05 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	4 1/2 cup	2 lb 9.26 oz	0%	2 lb 9.27 oz	Beans, Cannellini, canned, drained, rinsed	For the patty: In a food processor, add all ingredients from step 1 and pulse to combine but do not overmix to a paste. Hand form into 4 ounce patties. Allow to rest in cooler at least 30 minutes before cooking. Patties can be stored raw in cooler or freezer until ready to cook.
	2/3 cup	0 lb 2.98 oz	9%	0 lb 3.29 oz	Onions, White, small diced	
	2/3 cup	0 lb 2.35 oz	0%	0 lb 2.35 oz	Bread Crumbs, dry, plain	
	3 tbsp	0 lb 1.74 oz	0%	0 lb 1.74 oz	Tomato Paste, canned	
	1 tbsp	0 lb 0.53 oz	12%	0 lb 0.60 oz	Garlic, cloves, peeled, minced	
	2 tsp	0 lb 0.07 oz	58%	0 lb 0.18 oz	Mint, fresh, minced	
	1 tsp	0 lb 0.17 oz	59%	0 lb 0.42 oz	Lemons, juice	
	1 tbsp	0 lb 0.12 oz	0%	0 lb 0.12 oz	Seasoning, Italian	



Combine ingredients in food processor.



processed ingredients for patties.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2		0.00 lb	0%	0.00 lb	Oil, Canola	Heat oil on a flat top grill or large sauté pan over medium high-heat. Cook patty for 4 minutes until browned, flip and cook 4 minutes on other side. (If cooking from frozen, increase cook time to 8 minutes per side.) Patties can be cooked to order or stored in hotel pans in hot box or hot well until ready for service.



White bean patty cooked.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1 cup	0 lb 8.89 oz	0%	0 lb 8.89 oz	Tomatoes, medium dice <i>1/4" dice</i>	For the tomato relish: In a bowl, combine all ingredients. Tomato relish can be stored in a sealed container in the cooler until ready for service.
	1 cup	0 lb 4.69 oz	45%	0 lb 8.53 oz	Cucumber, peeled, seeded, chopped <i>1/4" dice</i>	
	1 1/4 cup	0 lb 4.88 oz	19%	0 lb 6.00 oz	Pepper, Bell, Red, small dice <i>1/4" dice</i>	
	4 1/2 tsp	0 lb 0.72 oz	0%	0 lb 0.72 oz	Oil, Canola	
	4 1/2 tsp	0 lb 0.75 oz	0%	0 lb 0.75 oz	Vinegar, Balsamic	
	3/4 tsp	0 lb 0.07 oz	0%	0 lb 0.07 oz	Salt, Kosher	
	1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Pepper, Black, ground	
	1/2 tsp	0 lb 0.04 oz	0%	0 lb 0.04 oz	Oregano, dried, ground	



Tomato Relish.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	6 tbsp	0 lb 3.32 oz	0%	0 lb 3.32 oz	Tahini Paste	For the tahini sauce: In a bowl, whisk together all ingredients. Tahini sauce can be stored in a sealed container in cooler until ready for service.
	1/4 cup	0 lb 2.07 oz	59%	0 lb 5.02 oz	Lemons, juice	
	4 1/2 tsp	0 lb 0.90 oz	0%	0 lb 0.90 oz	Sauce, Sriracha	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Paprika, ground	



Tahini Sauce.

	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, Spread 1 tablespoon tahini sauce on base of bun and top with cooked patty and 1.5 ounces tomato relish.

RECIPE IMAGES



Mediterranean White Bean Burger

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	6 lb 0.61 oz	0 %	6 lb 0.61 oz	0 %	6 lb 0.61 oz
Size of portion	8.05 oz		8.05 oz		8.05 oz

ADDITIONAL INFO

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MEMO

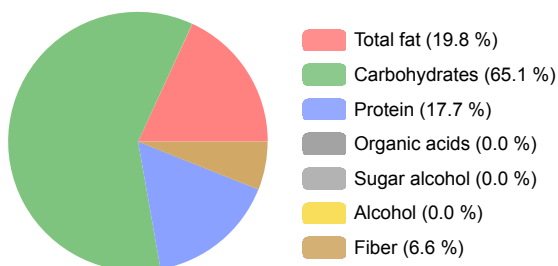
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI		Vitamins		
		RDI	% of energy								RDI	
Total fat	8.48 g	11 %	19.78 %	379.21 kcal	19 %	Salt	1.61 g			Vitamin A	33.44 µg	4 %
Saturated	1.33 g	7 %	3.10 %	1,586.59 kJ		Salt	0.70 %			Vitamin D	0.00 µg	0 %
Monounsaturated	3.00 g		6.99 %			Sodium	640.11 mg	28 %		Thiamine	0.69 mg	57 %
Polyunsaturated	3.44 g		8.02 %			Phosphorus	302.26 mg	24 %		Riboflavin	0.30 mg	23 %
Trans fatty acids	0.02 g		0.05 %			Potassium	715.77 mg	15 %		Niacin	3.54 mg	22 %
Cholesterol	0.00 mg	0 %				Iron	5.34 mg	30 %		Vitamin B6	0.27 mg	16 %
Linolenic acid	3.02 g		7.05 %			Calcium	199.26 mg	15 %		Vitamin B12	0.12 µg	5 %
Alpha-linolenic acid	244.09 mg		0.57 %			Zinc	2.01 mg	18 %		Folate	30.84 µg	8 %
Total Carbohydrate	60.75 g	22 %	65.09 %			Magnesium	96.60 mg	23 %		Vitamin C	17.60 mg	20 %
Sugars total	6.48 g	13 %				Iodine	0.00 µg	0 %		Vitamin E	0.91 mg	6 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	16.62 µg	30 %		Vitamin K	8.73 µg	7 %
Lactose	0.00 g					Copper	0.40 mg	44 %				
Fiber	13.00 g	46 %	6.56 %							Others		
Organic acids	0.00 g		0.00 %							Water	138.65 g	
Sugar alcohol	0.00 g		0.00 %									
Starch	21.53 g		23.07 %									
Protein	16.51 g	33 %	17.69 %									
Alcohol	0.00 g		0.00 %									

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	0.68 kg
Main courses	0.96 kg
Desserts	0.43 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.