

Mushroom White Bean Meatball Fettuccine Alfredo

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree	Protein Foundations	VG, NF	12	11.60 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1 tbsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Oil, Canola	For the meatballs: Heat oil over medium-high heat on a flat top grill or in a sauté pan. Add remaining ingredients from step 1 and cook about 5 minutes, until onions are translucent.
	5 cup	0 lb 12.70 oz	26%	1 lb 1.09 oz	Mushrooms, Crimini, sliced	
	3/4 cup	0 lb 3.34 oz	9%	0 lb 3.68 oz	Onions, White, small diced	
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	



Cook mushrooms

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 2/3 cup	1 lb 8.00 oz	0%	1 lb 8.00 oz	Beans, Cannellini, canned, drained, rinsed	In a food processor, add all ingredients from step 2 and pulse to combine but do not overmix to a paste. Add in mushroom mixture and pulse to combine. Hand roll 1 ounce meatballs and let rest in cooler at least 30 minutes. Meatballs can be store raw in cooler or freezer until ready to cook.
	1 1/2 cup	0 lb 5.25 oz	0%	0 lb 5.25 oz	Bread Crumbs, dry, plain	
	2 tbsp	0 lb 0.63 oz	0%	0 lb 0.63 oz	Yeast, Nutritional	
	2 tsp	0 lb 0.35 oz	59%	0 lb 0.84 oz	Lemons, juice	
	1 1/2 tsp	0 lb 0.03 oz	0%	0 lb 0.03 oz	Parsley Flakes, dried, whole flakes	
	1 1/2 tsp	0 lb 0.06 oz	0%	0 lb 0.06 oz	Oregano, dried, whole leaves	
	3/4 tsp	0 lb 0.07 oz	0%	0 lb 0.07 oz	Salt, Kosher	
	3/4 tsp	0 lb 0.06 oz	0%	0 lb 0.06 oz	Pepper, Black, ground	



Add ingredients to food processor.



Roll meatballs.

3

Preheat oven to 400°F. Spread meatballs on a parchment lined sheet tray and cook for 20 minutes (35 minutes if cooking from frozen). Store in hotel pans in hot box or in hot well until ready for service.

3



Mushroom cooked.

4

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4 cup	1 lb 2.80 oz	40%	1 lb 15.33 oz	Cauliflower, fresh, florets	For alfredo sauce: On a stovetop over medium-high heat, bring all ingredients to a boil and cook 15 minutes or until cauliflower is tender. Pour into blender and puree until smooth. Alfredo sauce can be held hot in Bain Marie until ready for service.
2 cup	1 lb 0.00 oz	0%	1.00 lb	Non-Dairy Milk, Soy, unsweetened	
1/2 cup	0 lb 2.54 oz	0%	0 lb 2.54 oz	Yeast, Nutritional	
1/2 cup	0 lb 2.23 oz	9%	0 lb 2.46 oz	Onions, White, small diced	
1/4 cup	0 lb 2.00 oz	0%	0 lb 2.00 oz	Non-Dairy Butter	
4 tsp	0 lb 0.71 oz	12%	0 lb 0.80 oz	Garlic, cloves, peeled, minced	
2 tsp	0 lb 0.35 oz	59%	0 lb 0.84 oz	Lemons, juice	
2 tsp	0 lb 0.35 oz	0%	0 lb 0.35 oz	Mustard, Dijon	
1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Pepper, Black, ground	
1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	



Boil alfredo ingredients



Blend alfredo sauce

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
5	11 cup	3 lb 0.00 oz	0%	3.00 lb Pasta, Fettucine, cooked	For service: portion 4 ounces fettucine in a bowl, top with 3 ounces of sauce and 4 meatballs.

RECIPE IMAGES



Mushroom Meatball Fettuccine Alfredo

ALLERGENS

-

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 11.17 oz	0 %	8 lb 11.17 oz	0 %	8 lb 11.17 oz
Size of portion	11.60 oz		11.60 oz		11.60 oz

ADDITIONAL INFO

-

MEMO

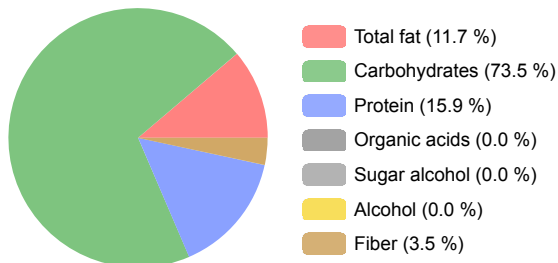
-

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI		Vitamins		
		RDI	% of energy								RDI	
Total fat	8.49 g	11 %	11.74 %	640.10 kcal	32 %	Salt	1.16 g			Vitamin A	0.27 µg	0 %
Saturated	1.58 g	8 %	2.18 %	2,678.16 kJ		Salt	0.35 %			Vitamin D	0.48 µg	2 %
Monounsaturated	3.01 g		4.15 %			Sodium	478.44 mg	21 %		Thiamine	1.39 mg	116 %
Polyunsaturated	2.86 g		3.95 %			Phosphorus	409.79 mg	33 %		Riboflavin	0.80 mg	62 %
Trans fatty acids	0.98 g		1.35 %			Potassium	905.27 mg	19 %		Niacin	10.61 mg	66 %
Cholesterol	0.00 mg	0 %				Iron	6.64 mg	37 %		Vitamin B6	0.45 mg	26 %
Linolenic acid	2.11 g		2.92 %			Calcium	165.24 mg	13 %		Vitamin B12	0.50 µg	21 %
Alpha-linolenic acid	254.18 mg		0.35 %			Zinc	3.38 mg	31 %		Folate	258.51 µg	65 %
Total Carbohydrate	115.75 g	42 %	73.48 %			Magnesium	123.09 mg	29 %		Vitamin C	24.39 mg	27 %
Sugars total	5.97 g	12 %				Iodine	0.00 µg	0 %		Vitamin E	0.71 mg	5 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	84.29 µg	153 %		Vitamin K	14.51 µg	12 %
Lactose	0.00 g					Copper	0.67 mg	74 %		Others		
Fiber	11.82 g	42 %	3.53 %							Water	168.16 g	
Organic acids	0.00 g		0.00 %									
Sugar alcohol	0.00 g		0.00 %									
Starch	78.22 g		49.65 %									
Protein	25.01 g	50 %	15.87 %									
Alcohol	0.00 g		0.00 %									

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	0.99 kg
Main courses	1.38 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.