

# Rainbow Veggie Wrap with Beet White Bean Hummus

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree	Protein Foundations	VG, NF, SF	12	11.06 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1 cup	0 lb 6.00 oz	0%	0 lb 6.00 oz	Beets, canned, drained, sliced	In a food processor, combine all ingredients in step 1 and blend until smooth. Beet hummus can be store in a sealed container in cooler until ready for service.
	3 cup	1 lb 11.51 oz	0%	1 lb 11.51 oz	Beans, Cannellini, canned, drained, rinsed	
	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	
	5 tsp	0 lb 0.88 oz	12%	0 lb 1.00 oz	Garlic, cloves, peeled, minced	
	4 tsp	0 lb 0.69 oz	59%	0 lb 1.67 oz	Lemons, juice	
	2 tsp	0 lb 0.14 oz	0%	0 lb 0.14 oz	Cumin, ground	
	1 1/2 tsp	0 lb 0.12 oz	0%	0 lb 0.12 oz	Pepper, Black, ground	
	1 1/2 tsp	0 lb 0.12 oz	0%	0 lb 0.12 oz	Onion, powder	



*Beet hummus.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	12.0 ea	2 lb 0.40 oz	0%	2 lb 0.40 oz	Tortilla, Flour, shells, 12"	To build, spread 3 ounces of hummus evenly in the center of 1 tortilla, leaving a 1.5 inches border around the edges.



*Hummus on wrap*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>3</b>	3 2/3 cup	0 lb 12.00 oz	16%	0 lb 14.22 oz	Pepper, Bell, Red, sliced	Next, shingle vegetables on top of hummus, in the following order. 1 ounce red peppers, 1/2 ounce carrots, 1 ounce yellow peppers, 1/2 ounce lettuce, 1 ounce cucumbers, 1/2 ounce onions, and 1/2 ounce cabbage.
	1 1/2 cup	0 lb 5.85 oz	19%	0 lb 7.20 oz	Carrots, peeled, shredded	
	3 3/4 cup	0 lb 12.00 oz	19%	0 lb 14.76 oz	Pepper, Bell, Yellow, sliced	
	2 1/2 cup	0 lb 12.00 oz	5%	0 lb 12.63 oz	Cucumber, with peel, sliced	
	3 1/2 cup	0 lb 6.00 oz	25%	0 lb 8.00 oz	Lettuce, Romaine, shredded	
	2 cup	0 lb 6.00 oz	9%	0 lb 6.62 oz	Onions, Red, sliced	
	2 cup	0 lb 6.60 oz	20%	0 lb 8.25 oz	Cabbage, Red, shredded	



*Shingle vegetables in rainbow order*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>4</b>						To roll the wrap, fold in the sides along vegetable ends. Then roll tightly from red peppers to the cabbage. Slice wrap in half. Wraps can be prepared to order or stored in hotel pans in cooler until ready for service.

4



*Fold sides before rolling*



*Roll the wrap up tight*

## RECIPE IMAGES



*Rainbow Veggie Wrap with Beet White Bean Hummus*

## ALLERGENS

-

## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 4.70 oz	0 %	8 lb 4.70 oz	0 %	8 lb 4.70 oz
Size of portion	11.06 oz		11.06 oz		11.06 oz

## ADDITIONAL INFO

-

## MEMO

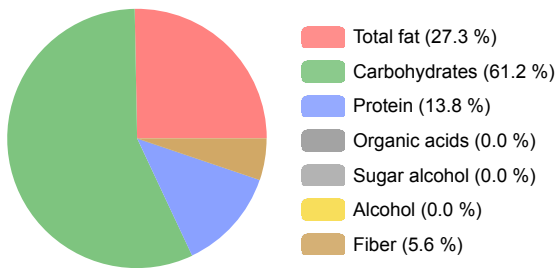
This item can be used for Grab and Go and can be served with the hummus on the side.

## NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories	RDI	Minerals			RDI		
						Salt		RDI	Vitamins		RDI
Total fat	13.71 g	18 %	27.33 %	443.50 kcal	22 %	Salt	1.93 g		Vitamin A	229.65 µg	26 %
Saturated	3.36 g	17 %	6.70 %	1,855.61 kJ		Sodium	768.49 mg	33 %	Vitamin D	0.00 µg	0 %
Monounsaturated	5.23 g		10.43 %			Phosphorus	365.19 mg	29 %	Thiamine	0.71 mg	59 %
Polyunsaturated	3.87 g		7.72 %			Potassium	746.04 mg	16 %	Riboflavin	0.37 mg	28 %
Trans fatty acids	0.04 g		0.08 %			Iron	5.95 mg	33 %	Niacin	4.70 mg	29 %
Cholesterol	0.00 mg	0 %				Calcium	227.64 mg	18 %	Vitamin B6	0.40 mg	24 %
Linolenic acid	3.53 g		7.03 %			Zinc	1.80 mg	16 %	Vitamin B12	0.00 µg	0 %
Alpha-linolenic acid	164.42 mg		0.33 %			Magnesium	89.53 mg	21 %	Folate	60.47 µg	15 %
Total Carbohydrate	66.82 g	24 %	61.21 %			Iodine	0.00 µg	0 %	Vitamin C	69.88 mg	78 %
Sugars total	7.98 g	16 %				Selenium	18.65 µg	34 %	Vitamin E	1.22 mg	8 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.37 mg	41 %	Vitamin K	44.55 µg	37 %
Lactose	0.00 g								Others		
Fiber	13.07 g	47 %	5.63 %						Water	213.86 g	
Organic acids	0.00 g		0.00 %								
Sugar alcohol	0.00 g		0.00 %								
Starch	29.81 g		27.31 %								
Protein	15.09 g	30 %	13.82 %								
Alcohol	0.00 g		0.00 %								

**PERCENTAGE OF ENERGY**



**CO2**



**0.03 kg**

**Comparable values**

Snacks	0.94 kg
Main courses	1.32 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.