

Red Bean Fritter Waffle

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mediterranean	Protein Foundations	VG, NF, SF	12	3.95 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 1/2 cup	1 lb 3.07 oz	0%	1 lb 3.08 oz	Beans, Kidney, canned, drained, rinsed <i>NOT rinsed</i>	In a food processor, add in all listed ingredients in step 1. Pulse the mixture 5-7 times until well combined but is not a paste. Transfer to a mixing bowl.
	1 cup	0 lb 4.45 oz	9%	0 lb 4.91 oz	Onions, Yellow, small dice	
	3 tbsp	0 lb 1.59 oz	12%	0 lb 1.80 oz	Garlic, cloves, peeled, minced	



Red Bean Mixture

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 1/2 cup	0 lb 12.00 oz	6%	0 lb 12.79 oz	Squash, Zucchini, grated <i>Be sure to wring out excess water</i>	Fold in the rest of the ingredients, except salsa and green onion. Spray waffle maker with non-stick spray and portion 2oz or 1/4 cup of batter into waffle maker. Cook for 3-4 minutes until golden brown and crispy. Serve 2, 2oz. waffles for a serving. Alternatively, a 4oz. waffle can be made if a larger size is desired.
	1/2 cup	0 lb 2.30 oz	0%	0 lb 2.30 oz	Flour, All-Purpose	
	1/2 cup	0 lb 2.24 oz	0%	0 lb 2.24 oz	Cornstarch	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	
	1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Pepper, Black, table grind	
	2 1/2 tsp	0 lb 0.36 oz	0%	0 lb 0.36 oz	Baking Powder	
	0.0 ea	0.00 lb	0%	0.00 lb	Pan Spray <i>As Needed</i>	



Final Red Bean Mixture With Zucchini & Flour

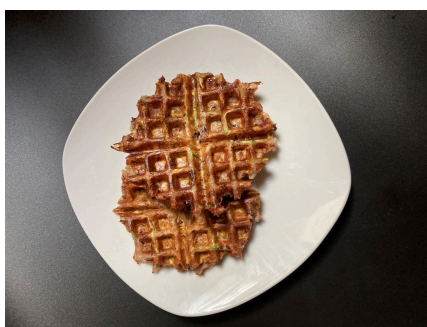


Mixture In Waffle Maker

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	3/4 cup	0 lb 3.71 oz	0%	0 lb 3.71 oz	Salsa, Tomato, premade	Assembly: Garnish with 1 tablespoon of salsa and 1 tablespoon of green onion.
	3/4 cup	0 lb 1.50 oz	17%	0 lb 1.81 oz	Onions, Green, sliced thinly on bias	



Cooked Waffle Fritter



Final Portion

RECIPE IMAGES



Final Plate

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	2 lb 15.41 oz	0 %	2 lb 15.41 oz	0 %	2 lb 15.41 oz
Size of portion	3.95 oz		3.95 oz		3.95 oz

ADDITIONAL INFO

MEMO

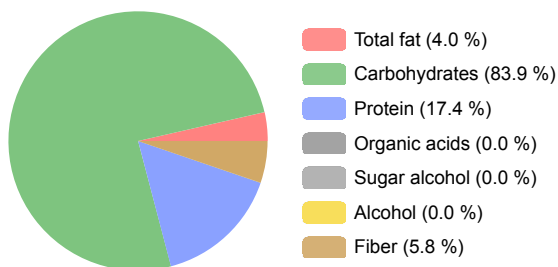
For a Belgian waffle maker use 8oz. or 1 cup. If using this portion size recipe yield will no longer be 12.

NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories	RDI	Minerals		RDI	Vitamins	RDI
Total fat	0.44 g	1 %	3.97 %	98.43 kcal	5 %	Salt	0.60 g			
Saturated	0.11 g	1 %	1.02 %	411.84 kJ		Salt	0.54 %		Vitamin A	12.51 µg 1 %
Monounsaturated	0.09 g		0.85 %			Sodium	240.00 mg	10 %	Vitamin D	0.00 µg 0 %
Polyunsaturated	0.20 g		1.76 %			Phosphorus	152.75 mg	12 %	Thiamine	0.09 mg 8 %
Trans fatty acids	0.00 g		0.00 %			Potassium	416.73 mg	9 %	Riboflavin	0.07 mg 5 %
Cholesterol	0.00 mg	0 %				Iron	1.17 mg	6 %	Niacin	0.65 mg 4 %
Linolenic acid	0.12 g		1.06 %			Calcium	70.55 mg	5 %	Vitamin B6	0.16 mg 9 %
Alpha-linolenic acid	18.32 mg		0.16 %			Zinc	0.66 mg	6 %	Vitamin B12	0.00 µg 0 %
Total Carbohydrate	20.32 g	7 %	83.86 %			Magnesium	29.35 mg	7 %	Folate	0.00 µg 0 %
Sugars total	2.06 g	4 %				Iodine	0.00 µg	0 %	Vitamin C	13.80 mg 15 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	3.24 µg	6 %	Vitamin E	0.14 mg 1 %
Lactose	0.00 g					Copper	0.14 mg	16 %	Vitamin K	9.95 µg 8 %
Fiber	2.98 g	11 %	5.80 %						Others	
Organic acids	0.00 g		0.00 %						Water	85.08 g
Sugar alcohol	0.00 g		0.00 %							
Starch	4.01 g		16.56 %							
Protein	4.22 g	8 %	17.41 %							
Alcohol	0.00 g		0.00 %							

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	0.34 kg
Main courses	0.47 kg
Desserts	0.21 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.