

Southwestern Pinto Bean Double Decker Taco

Recipe group Entree, Mexican	Additional name Protein Foundations	Diet factors VG	Portions 12	Portion size 4.64 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1 1/2 cup	0 lb 8.94 oz	0%	0 lb 8.94 oz	Beans, Pinto, canned, drained, rinsed	For Southwestern Pinto Bean Crumbles - Place beans on a paper towel lined sheet pan and spread out into on layer. Pat dry and allow to air dry for at least 15 minutes. In a separate bowl, combine flaxseed and water and mix well. Allow to sit for at least 5 minutes.
	1 tbsp	0 lb 0.23 oz	0%	0 lb 0.23 oz	Flax seed, brown, ground	
	3 tbsp	0 lb 1.50 oz	0%	0 lb 1.50 oz	Water	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1/2 cup	0 lb 0.46 oz	0%	0 lb 0.46 oz	Tortilla, Corn, chips	In a food processor, place tortilla chips and process until fine crumbs. Add 1/2 pinto beans and pulse until broken down. Remove mixture and place in large mixing bowl and add remaining pinto beans and all remaining ingredients from step 2. Mix well.
	1 tbsp	0 lb 0.13 oz	17%	0 lb 0.15 oz	Onions, Green, sliced thinly on bias	
	2 tsp	0 lb 0.35 oz	12%	0 lb 0.40 oz	Garlic, cloves, peeled, minced	
	3 tsp	0 lb 0.13 oz	54%	0 lb 0.28 oz	Cilantro, fresh, chopped	
	1/2 tsp	0 lb 0.03 oz	0%	0 lb 0.03 oz	Cumin, ground	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Coriander Seed, ground	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Paprika, Smoked, ground	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Salt, Kosher	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Pepper, Black, table grind	



Breaking Down Tortilla Chips



1/2 Pinto Beans and Tortilla Chips Broken Down



Total Crumble Mixture

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	4 tbsp	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	Heat oil over medium-high heat in a skillet or flat top. Add the mixture to the skillet and break into crumbles and cook until crispy, about 3-5 minutes. Flip crumbles and fry second side until crispy, another 3-5 minutes. Remove from skillet and hold hot for service.



Cooking Mixture into Crumbles



Crispy Crumbles

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1 1/2 cup	0 lb 12.59 oz	0%	0 lb 12.59 oz	Beans, Refried, canned	For Refried Beans - Heat beans over medium- low heat and hold hot for service.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	12.0 ea	0 lb 12.28 oz	0%	0 lb 12.28 oz	Tortilla, Flour, shells, 6"	To assemble: Add two (2) Tablespoons of refried beans to middle of a flour tortilla. Place into a skillet or flat-top heated over medium heat. Add 1/4 cup (2oz) of crumbles to a hard taco shell. Place hard taco shell onto middle of refried bean mixture and lay on one side to have bean adhere to shell. Then carefully flip to the other side to have flour tortilla encompass corn taco shell. Continue to heat until hot throughout taco, about 3-5 minutes.
	12.0 ea	0 lb 12.28 oz	0%	0 lb 12.28 oz	Tortilla, Corn, shells, 6" <i>Hard Taco Shells</i>	



Heating Flour Tortilla with Refried Beans



Adding Hard Taco Shell with Crumbles



Folding Tortillas together and heating through

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	12 tbsp	0 lb 1.91 oz	2%	0 lb 1.95 oz	Lettuce, Iceberg, shredded	Remove from heat and place one (1) Tablespoon of shredded lettuce on top of crumbles and and two (2) teaspoons of diced tomatoes. *Note - if making a large amount at one time, make tacos and hold hot in hotel pan. Add lettuce and tomatoes prior to serving.
	8 tbsp	0 lb 2.85 oz	6%	0 lb 3.04 oz	Tomatoes, Roma, small dice	



Adding Lettuce and Tomatoes

RECIPE IMAGES



Southwestern Pinto Bean Double Decker Taco

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	3 lb 7.67 oz	0 %	3 lb 7.67 oz	0 %	3 lb 7.67 oz
Size of portion	4.64 oz		4.64 oz		4.64 oz

ADDITIONAL INFO

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MEMO

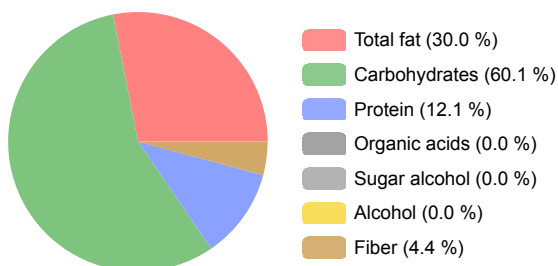
This recipe is for 1 complete taco per serving.

NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories		Minerals			Vitamins		
					RDI						
				251.74 kcal	13 %	Salt	1.09 g				
				1,053.28 kJ		Salt	0.83 %			Vitamin A	6.45 µg 1 %
Total fat	8.53 g	11 %	29.98 %			Sodium	434.23 mg	19 %		Vitamin D	0.00 µg 0 %
Saturated	1.43 g	7 %	5.02 %			Phosphorus	216.03 mg	17 %		Thiamine	0.21 mg 18 %
Monounsaturated	3.78 g		13.27 %			Potassium	288.84 mg	6 %		Riboflavin	0.12 mg 9 %
Polyunsaturated	2.77 g		9.73 %			Iron	2.35 mg	13 %		Niacin	1.98 mg 12 %
Trans fatty acids	0.03 g		0.12 %			Calcium	96.58 mg	7 %		Vitamin B6	0.14 mg 8 %
Cholesterol	0.00 mg	0 %				Zinc	0.93 mg	8 %		Vitamin B12	0.00 µg 0 %
Linolenic acid	2.07 g		7.27 %			Magnesium	50.37 mg	12 %		Folate	22.91 µg 6 %
Alpha-linolenic acid	525.70 mg		1.85 %			Iodine	0.00 µg	0 %		Vitamin C	1.75 mg 2 %
Total Carbohydrate	37.26 g	14 %	60.14 %			Selenium	10.31 µg	19 %		Vitamin E	0.99 mg 7 %
Sugars total	1.94 g	4 %				Copper	0.19 mg	21 %		Vitamin K	9.26 µg 8 %
Added sugar	0.00 g	0 %	0.00 %							Others	
Lactose	0.00 g									Water	76.23 g
Fiber	5.82 g	21 %	4.42 %								
Organic acids	0.00 g		0.00 %								
Sugar alcohol	0.00 g		0.00 %								
Starch	16.52 g		26.66 %								
Protein	7.46 g	15 %	12.05 %								
Alcohol	0.00 g		0.00 %								

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	0.39 kg
Main courses	0.55 kg
Desserts	0.25 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.