

Spicy Crispy Chickpea Sandwich

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, American	Protein Foundations	VG, NF, SF	12	10.20 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	8 cup	45.00 oz	0%	45.00 oz	Beans, Garbanzo, canned, drained, rinsed	In a food processor, pulse beans until flaky but do not over process into a paste. Set aside in a large bowl.



Pulsed chickpea texture

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 tbsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Oil, Canola	In a large skillet or flat top, over medium-high heat, heat up the oil and sauté all ingredients listed in step 2 for 3-5 minutes. Remove and add to processed beans.
	3/4 cup	0 lb 2.92 oz	19%	0 lb 3.60 oz	Pepper, Bell, Red, small dice	
	3/4 cup	0 lb 1.50 oz	17%	0 lb 1.81 oz	Onions, Green, sliced thinly on bias	



Sauteed Peppers & Onions



Sauteed Veg Added to Beans

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1 1/2 cup	0 lb 4.20 oz	0%	0 lb 4.20 oz	Crumbs, Panko Bread	Add all listed ingredients from step 3 into the bowl with the bean mixture and combine thoroughly.
	3/4 cup	0 lb 3.45 oz	0%	0 lb 3.45 oz	Flour, All-Purpose	
	3/4 cup	0 lb 1.32 oz	60%	0 lb 3.28 oz	Parsley, Italian, fresh, minced	
	3 tbsp	0 lb 0.95 oz	0%	0 lb 0.95 oz	Yeast, Nutritional	
	2 tbsp	0 lb 1.20 oz	0%	0 lb 1.20 oz	Sauce, Hot, generic	
	3 tsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	
	1 tbsp	0 lb 0.34 oz	0%	0 lb 0.34 oz	Garlic, powder	
	2 tsp	0 lb 0.16 oz	0%	0 lb 0.16 oz	Paprika, Smoked, ground	
	1/4 tsp	0 lb 0.03 oz	0%	0 lb 0.03 oz	Pepper, Cayenne, ground	



All Ingredients Added to Bean Mixture



All Ingredients Combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4						On a parchment lined sheet tray, portion 4 ounce patties. Place in freezer for 30 minutes or in the fridge for an hour or up to overnight.

4



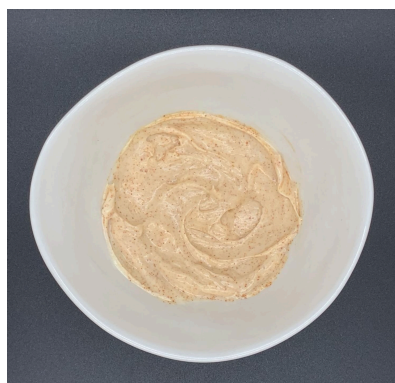
4oz. Patty Portioned

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	1/4 cup	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	On a flat top heat up the oil over medium high heat, and cook the frozen patties for 4 minutes a side until golden brown.



Spicy Chickpea Patty

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6 1 1/2 cup	0 lb 11.85 oz	0%	0 lb 11.85 oz	Vegan Mayonnaise	To make the spicy mayo: combine mayo and sriracha until smooth. Set aside.
1/4 cup	0 lb 2.40 oz	0%	0 lb 2.40 oz	Sauce, Sriracha	



Spicy Mayo

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7 12.0 ea	0 lb 12.00 oz	25%	1.00 lb	Lettuce, Romaine, leaf	To Assemble: On the hamburger bun place 1 tablespoon of spicy mayo to each side of the bun, 1 cooked chickpea patty, 1 slice of tomato, 1 romaine leaf and 1 slice of onion.
12.0 ea	0 lb 8.40 oz	6%	0 lb 8.96 oz	Tomatoes, 1/4" slice, each	
1 cup	0 lb 3.00 oz	9%	0 lb 3.31 oz	Onions, Red, sliced <i>Equal amount to sliced tomato</i>	
12.0 ea	1 lb 5.00 oz	0%	1 lb 5.00 oz	Buns, Hamburger, White, sliced	

RECIPE IMAGES



Final

ALLERGENS

-

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	7 lb 10.41 oz	0 %	7 lb 10.41 oz	0 %	7 lb 10.41 oz
Size of portion	10.20 oz		10.20 oz		10.20 oz

ADDITIONAL INFO

-

MEMO

-

NUTRITION INFORMATION

per portion

Energy nutritives	% of energy	Calories	Minerals		Vitamins		
Total fat	20.05 g	34.12 %	519.71 kcal	Salt	2.88 g		
Saturated	2.05 g	3.49 %	2,174.44 kJ	Sodium	1,153.30 mg	Vitamin A	182.60 µg
Monounsaturated	6.10 g	10.38 %		Phosphorus	201.62 mg	Vitamin D	0.00 µg
Polyunsaturated	8.49 g	14.45 %		Potassium	444.96 mg	Thiamine	0.47 mg
Trans fatty acids	0.08 g	0.14 %		Iron	4.25 mg	Riboflavin	0.28 mg
Cholesterol	0.00 mg			Calcium	174.92 mg	Niacin	3.44 mg
Linolenic acid	7.22 g	12.29 %		Zinc	1.66 mg	Vitamin B6	0.30 mg
Alpha-linolenic acid	607.19 mg	1.03 %		Magnesium	70.00 mg	Vitamin B12	0.13 µg
Total Carbohydrate	68.63 g	53.66 %		Iodine	0.00 µg	Folate	34.43 µg
Sugars total	11.17 g			Selenium	22.92 µg	Vitamin C	17.93 mg
Added sugar	0.00 g	0.00 %		Copper	0.44 mg	Vitamin E	2.75 mg
Lactose	0.00 g					Vitamin K	116.48 µg
Fiber	10.20 g	3.75 %					
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %					
Starch	24.13 g	18.86 %				Others	
Protein	17.40 g	13.60 %				Water	176.66 g
Alcohol	0.00 g	0.00 %					