

# Spicy Red Bean & Jalapeno Patty Torta

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mexican	Protein Foundations	VG, NF, SF	12	14.33 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 cup	2 lb 0.70 oz	0%	2 lb 0.70 oz	Beans, Kidney, canned, drained, rinsed	Place all ingredients listed in step 1 in the food processor and pulse until combined and kidney beans are broken down but not a paste.
	1 cup	0 lb 3.75 oz	6%	0 lb 4.01 oz	Peppers, Jalapeño, fresh, chopped	
	1 1/2 cup	0 lb 8.46 oz	0%	0 lb 8.46 oz	Onions, Yellow, chopped	
	3 tbsp	0 lb 1.43 oz	12%	0 lb 1.62 oz	Garlic, cloves, peeled, chopped	
	1 1/2 cup	0 lb 4.50 oz	0%	0 lb 4.50 oz	Oats, Rolled, dry	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	
	2 tsp	0 lb 0.16 oz	0%	0 lb 0.16 oz	Pepper, Black, ground	
	2 tsp	0 lb 0.16 oz	0%	0 lb 0.16 oz	Paprika, ground	



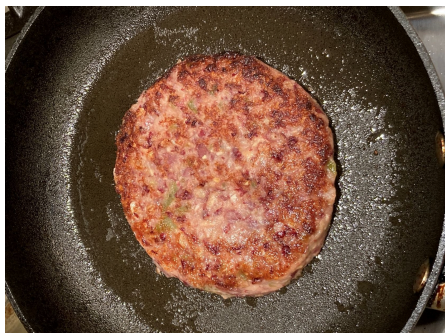
*Spicy Red Bean Patty Mixture*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 cup	0 lb 4.60 oz	0%	0 lb 4.60 oz	Flour, All-Purpose	Transfer mixture to a mixing bowl and fold in flour. On a parchment lined sheet tray, portion out 4 ounce patties. Freeze for at least 30 minutes.



*Portioned Patty*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/4 cup	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	On the flat top, heat up oil and cook 5 minutes per side until golden brown.



*Cooked Patty*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	12.0 ea	2 lb 4.00 oz	0%	2 lb 4.00 oz	Bread, Torta Roll, sliced <i>Can sub with hoagie roll</i>	To Assemble: Place 2 ounces of beans on one side of the bread, top with 2 slices of tomato, the patty, 1 ounce of lettuce and then 2 ounces of avocado on the other side of the bread. Cut in half to serve.
	3 cup	1 lb 9.19 oz	0%	1 lb 9.19 oz	Beans, Refried, canned	
	4 1/2 cup	1 lb 8.30 oz	21%	1 lb 14.92 oz	Avocados, frozen, medium dice	
	24.0 ea	1 lb 0.80 oz	6%	1 lb 1.91 oz	Tomatoes, 1/4" slice, each	
	9 cup	0 lb 11.70 oz	19%	0 lb 14.39 oz	Lettuce, Greenleaf, shredded	



*Torta Bun With Beans*



*Topped With Tomato, Patty & Avocado*



*Topped With Lettuce*



*Final Plate*

**RECIPE IMAGES**



*Stylized Plate*

**ALLERGENS**

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**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	10 lb 11.95 oz	0 %	10 lb 11.95 oz	0 %	10 lb 11.95 oz
Size of portion	14.33 oz		14.33 oz		14.33 oz

**ADDITIONAL INFO**

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**MEMO**

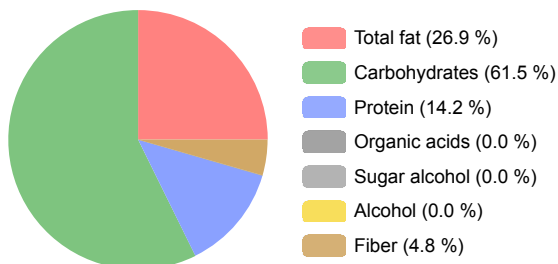
Depending on size of food processor or robot coupe, you may need to complete step 1 in batches.

## NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI		Vitamins		
		RDI	% of energy								RDI	
<b>Total fat</b>	<b>18.25 g</b>	<b>23 %</b>	<b>26.85 %</b>	<b>600.93 kcal</b>	<b>30 %</b>	<b>Salt</b>	<b>3.01 g</b>			<b>Vitamin A</b>	<b>137.15 µg</b>	<b>15 %</b>
Saturated	2.43 g	12 %	3.57 %	2,514.32 kJ		Salt	0.74 %			Vitamin D	0.00 µg	0 %
Monounsaturated	9.87 g		14.52 %			Sodium	1,202.71 mg	52 %		Thiamine	0.70 mg	58 %
Polyunsaturated	4.51 g		6.64 %			Phosphorus	362.75 mg	29 %		Riboflavin	0.50 mg	38 %
Trans fatty acids	0.02 g		0.03 %			Potassium	1,059.08 mg	23 %		Niacin	5.98 mg	37 %
Cholesterol	0.00 mg	0 %				Iron	6.25 mg	35 %		Vitamin B6	0.50 mg	29 %
Linolenic acid	3.72 g		5.47 %			Calcium	166.07 mg	13 %		Vitamin B12	0.00 µg	0 %
Alpha-linolenic acid	606.82 mg		0.89 %			Zinc	2.75 mg	25 %		Folate	68.04 µg	17 %
<b>Total Carbohydrate</b>	<b>90.88 g</b>	<b>33 %</b>	<b>61.45 %</b>			Magnesium	120.06 mg	29 %		Vitamin C	27.92 mg	31 %
Sugars total	6.25 g	12 %				Iodine	0.00 µg	0 %		Vitamin E	3.10 mg	21 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	42.23 µg	77 %		Vitamin K	60.93 µg	51 %
Lactose	0.00 g					Copper	0.60 mg	67 %		Others		
<b>Fiber</b>	<b>15.06 g</b>	<b>54 %</b>	<b>4.79 %</b>							Water	269.39 g	
Organic acids	0.00 g		0.00 %									
Sugar alcohol	0.00 g		0.00 %									
Starch	12.09 g		8.17 %									
<b>Protein</b>	<b>21.03 g</b>	<b>42 %</b>	<b>14.22 %</b>									
Alcohol	0.00 g		0.00 %									

## PERCENTAGE OF ENERGY



## CO2



### Comparable values

Snacks	1.22 kg
Main courses	1.71 kg
Desserts	0.77 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.