

White Bean and Eggplant Dip Snack Platter

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Comfort	Protein Foundation	VG	12	10.95 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	7 cup	1 lb 4.30 oz	16%	1 lb 8.11 oz	Eggplant, peeled, large dice	For White Bean and Eggplant Dip - Preheat oven to 500 degrees. In a bowl toss eggplant and oil. Place on a sheet pan and bake in oven for 20 minutes, or until charred. Remove and cool.
	1 tbsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Oil, Canola	



Peeled Eggplant before roasting



Roasted Peeled Eggplant

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 1/4 cup	1 lb 4.63 oz	0%	1 lb 4.63 oz	Beans, Cannellini, canned, drained, rinsed	In a food processor combine roasted eggplant and all ingredients under step 2, and blend until fully combined and smooth (if larger batch, process in batches and combine). Measure 4oz (1/2 cup) and place into containers. Reserve.
	5 tsp	0 lb 0.88 oz	12%	0 lb 1.00 oz	Garlic, cloves, peeled, minced	
	4 tbsp	0 lb 1.96 oz	0%	0 lb 1.96 oz	Oil, Olive	
	5 tbsp	0 lb 2.77 oz	0%	0 lb 2.77 oz	Tahini Paste	
	3 tbsp	0 lb 1.56 oz	59%	0 lb 3.77 oz	Lemons, juice	
	2 1/2 tsp	0 lb 0.17 oz	0%	0 lb 0.17 oz	Cumin, ground	
	2 1/2 tsp	0 lb 0.24 oz	0%	0 lb 0.24 oz	Salt, Kosher	
	1 1/4 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Pepper, Black, ground	
	1 1/4 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Onion, powder	



Ingredients in Food Processor



Ingredients Processed



White Bean and Eggplant Dip

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/2 cup	0 lb 2.85 oz	6%	0 lb 3.04 oz	Tomatoes, Roma, small dice	For Tomato Salad - In a bowl combine tomatoes, cucumbers, parsley, oil, lemon juice, salt, and pepper. Mix well and reserve.
	1/2 cup	0 lb 2.35 oz	45%	0 lb 4.26 oz	Cucumber, peeled, seeded, chopped	
	1 tbsp	0 lb 0.11 oz	60%	0 lb 0.28 oz	Parsley, Italian, fresh, chopped	
	1 tbsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Oil, Canola	
	1 tsp	0 lb 0.17 oz	59%	0 lb 0.42 oz	Lemons, juice	
	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	



Tomato Salad Ingredients



Tomato Salad mixed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	6 cup	1 lb 12.80 oz	5%	1 lb 14.32 oz	Cucumber, with peel, sliced <i>60 Slices / 5 Slices per Portion</i>	To assemble: Place 5 cucumber slices, 5 carrots, 5 peppers, and 5 crackers on a platter spaced slightly away from each other. Place portioned white bean and eggplant dip in top center of platter. Place (one) 1 Tablespoon of tomato salad on top of dip off-center. Serve.
	2 1/4 cup	1 lb 2.09 oz	0%	1 lb 2.09 oz	Carrots, fresh, peeled, julienne <i>60 Each / 5 per Portion</i>	
	6 cup	1 lb 3.80 oz	16%	1 lb 7.46 oz	Pepper, Bell, Red, sliced <i>60 Slices / 5 Slices per Portion</i>	
	6 cup	0 lb 9.52 oz	0%	0 lb 9.52 oz	Crackers, saltine <i>60 Pieces / 5 per Portion</i>	



*White Bean and Eggplant
Dip Snack Platter*

RECIPE IMAGES



White Bean and Eggplant Dip Snack Platter

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 3.41 oz	0 %	8 lb 3.41 oz	0 %	8 lb 3.41 oz
Size of portion	10.95 oz		10.95 oz		10.95 oz

ADDITIONAL INFO

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MEMO

This would be a good Grab and Go option in a bento box or other container.

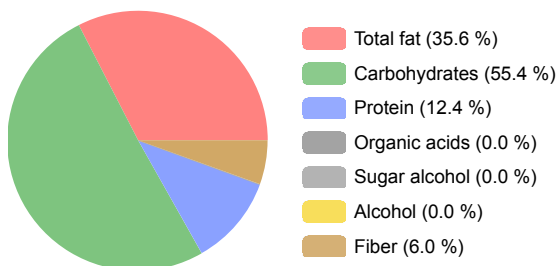
If unable to use Baby Carrots, cut whole carrots into sticks and use 5-7 pieces per platter (60-84 pieces total based on 12 portions).

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			RDI		
		RDI	% of energy	318.01 kcal	16 %	Salt	1.72 g		Vitamins		
Total fat	12.82 g	16 %	35.65 %	1,330.55 kJ		Salt	0.56 %		Vitamin A	320.72 µg	36 %
Saturated	1.79 g	9 %	4.98 %			Sodium	685.58 mg	30 %	Vitamin D	0.00 µg	0 %
Monounsaturated	6.56 g		18.24 %			Phosphorus	214.39 mg	17 %	Thiamine	0.44 mg	37 %
Polyunsaturated	3.88 g		10.80 %			Potassium	722.94 mg	15 %	Riboflavin	0.28 mg	22 %
Trans fatty acids	0.05 g		0.13 %			Iron	4.00 mg	22 %	Niacin	3.13 mg	20 %
Cholesterol	0.00 mg	0 %				Calcium	108.44 mg	8 %	Vitamin B6	0.38 mg	22 %
Linolenic acid	3.40 g		9.45 %			Zinc	1.51 mg	14 %	Vitamin B12	0.02 µg	1 %
Alpha-linolenic acid	328.44 mg		0.91 %			Magnesium	73.74 mg	18 %	Folate	26.33 µg	7 %
Total Carbohydrate	43.34 g	16 %	55.38 %			Iodine	0.00 µg	0 %	Vitamin C	67.62 mg	75 %
Sugars total	6.55 g	13 %				Selenium	3.89 µg	7 %	Vitamin E	2.60 mg	17 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.35 mg	39 %	Vitamin K	35.26 µg	29 %
Lactose	0.00 g								Others		
Fiber	10.04 g	36 %	6.04 %						Water	241.10 g	
Organic acids	0.00 g		0.00 %								
Sugar alcohol	0.00 g		0.00 %								
Starch	15.83 g		20.23 %								
Protein	9.69 g	19 %	12.38 %								
Alcohol	0.00 g		0.00 %								

PERCENTAGE OF ENERGY



CO2



0.03 kg

Comparable values

Snacks	0.93 kg
Main courses	1.30 kg
Desserts	0.59 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.