

# Lentil Crumble Asian Lettuce Wraps

Recipe group Entree, Asian	Additional name PF Round 2	Diet factors VG	Portions 12	Portion size 9.11 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1/4 cup	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	For Lentil Crumble - On a flat top grill heat oil over medium-high heat. Add mushrooms and cook for 4-5 minutes or until they start to caramelize on first side and then flip and cook again for another 4-5 minutes or until most of water is released and they have caramelized on second side. Remove from grill and reserve.
	9 1/2 cup	1 lb 8.13 oz	26%	2 lb 0.48 oz	Mushrooms, Crimini, sliced	



*Sautéing Mushrooms*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	On a flat top grill heat oil over medium-high heat. Add onions and cook for 3-5 minutes. Add garlic and ginger and cook for 1 minute. Add lentils and reserved mushrooms and cook for 4-5 minutes or until heated through. Add soy sauce and cook for 1-2 minutes or until sauce has thickened and reduced. Remove from grill and hold hot for service.
	2 cup	0 lb 8.90 oz	9%	0 lb 9.82 oz	Onions, Yellow, small dice	
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	
	1/4 cup	0 lb 1.00 oz	0%	0 lb 1.00 oz	Ginger, fresh, minced	
	4 cup	1 lb 11.08 oz	0%	1 lb 11.08 oz	Beans, Lentils, cooked	
	1/2 cup	0 lb 4.70 oz	0%	0 lb 4.70 oz	Soy Sauce, regular	



*Sautéing Onions Garlic and Ginger*



*Adding remaining Filling ingredients and reducing*



*Filling reduced*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>3</b>	9 1/4 cup	1 lb 2.41 oz	1%	1 lb 2.52 oz	Cabbage, Coleslaw Mix	For Slaw - In a large mixing bowl, combine all ingredients in step 3 and mix well. Cover and place into cooler until service.
	2 cup	0 lb 6.60 oz	16%	0 lb 7.82 oz	Pepper, Bell, Red, sliced	
	1 cup	0 lb 2.00 oz	17%	0 lb 2.41 oz	Onions, Green, sliced thinly on bias	
	2 tsp	0 lb 0.33 oz	0%	0 lb 0.33 oz	Oil, Sesame	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	



*Slaw Ingredients*



*Slaw Mixed Thoroughly*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>4</b>	24.0 ea	0 lb 7.20 oz	0%	0 lb 7.20 oz	Lettuce, Bibb, leaf	To plate - Place two lettuce leaves on a plate. Add 2 ounces of lentil crumble to each lettuce leaf. Add 1 ounce slaw mixture on top of crumble. Garnish each wrap with 1 teaspoon Hoisin sauce using spoon or squeeze bottle.
	1/2 cup	0 lb 4.90 oz	0%	0 lb 4.90 oz	Sauce, Hoisin	



*Building Wrap with Filling and Slaw*



*Adding Hoisin Sauce to wrap*

**RECIPE IMAGES**



*Lentil Crumble Asian Lettuce Wrap*

**ALLERGENS**

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**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	6 lb 13.29 oz	0 %	6 lb 13.29 oz	0 %	6 lb 13.29 oz
Size of portion	9.11 oz		9.11 oz		9.11 oz

**ADDITIONAL INFO**

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**MEMO**

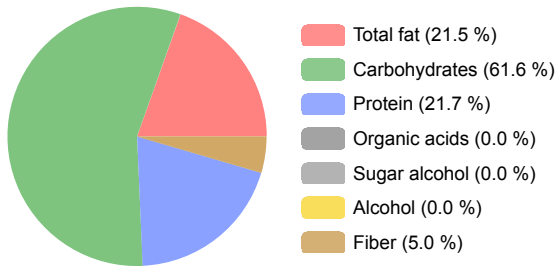
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**NUTRITION INFORMATION**

per portion

Energy nutritives		RDI	% of energy	Calories		Minerals		RDI			
					RDI						
Total fat	9.00 g	12 %	21.49 %	370.23 kcal	18 %	Salt	2.64 g				
				1,549.03 kJ		Salt	1.02 %		Vitamins		
Saturated	0.82 g	4 %	1.96 %			Sodium	1,051.61 mg	46 %	Vitamin A	58.97 µg	7 %
Monounsaturated	4.87 g		11.63 %			Phosphorus	295.16 mg	24 %	Vitamin D	0.06 µg	0 %
Polyunsaturated	2.91 g		6.94 %			Potassium	995.86 mg	21 %	Thiamine	0.68 mg	57 %
Trans fatty acids	0.03 g		0.07 %			Iron	5.24 mg	29 %	Riboflavin	0.50 mg	38 %
Cholesterol	0.35 mg	0 %				Calcium	78.93 mg	6 %	Niacin	4.72 mg	30 %
Linolenic acid	2.14 g		5.11 %			Zinc	3.02 mg	27 %	Vitamin B6	0.60 mg	35 %
Alpha-linolenic acid	621.67 mg		1.48 %			Magnesium	56.49 mg	13 %	Vitamin B12	0.06 µg	2 %
Total Carbohydrate	56.17 g	20 %	61.64 %			Iodine	0.00 µg	0 %	Folate	0.00 µg	0 %
Sugars total	7.46 g	15 %				Selenium	16.20 µg	29 %	Vitamin C	48.99 mg	54 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.82 mg	91 %	Vitamin E	1.87 mg	12 %
Lactose	0.00 g								Vitamin K	36.29 µg	30 %
Fiber	9.66 g	34 %	4.99 %						Others		
Organic acids	0.00 g		0.00 %						Water	167.66 g	
Sugar alcohol	0.00 g		0.00 %								
Starch	31.92 g		35.04 %								
Protein	19.77 g	40 %	21.70 %								
Alcohol	0.00 g		0.00 %								

**PERCENTAGE OF ENERGY**



**CO2**



**0.05 kg**

**Comparable values**

Snacks	0.77 kg
Main courses	1.08 kg
Desserts	0.49 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.