

Protein Packed Lentil Wrap

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mexican	PF Round 2	VG	12	12.77 oz

	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 onions and cook for 3-5 minutes. Add garlic and cook for 1 minute. Add remaining ingredients in Step 1 and cook for 2-3 minutes or until tomato paste starts to caramelize.
	3 cup	0 lb 13.35 oz	9%	0 lb 14.74 oz	Onions, Yellow, small dice	
	3 tbsp	0 lb 1.59 oz	12%	0 lb 1.80 oz	Garlic, cloves, peeled, minced	
	3 tbsp	0 lb 1.74 oz	0%	0 lb 1.74 oz	Tomato Paste, canned	
	6 tbsp	0 lb 1.92 oz	0%	0 lb 1.92 oz	Seasoning, Taco	



Sautéed onions



Garlic and spices added to pan

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	5 cup	1 lb 2.00 oz	6%	1 lb 3.19 oz	Mushrooms, White Button, chopped	Add mushrooms and cook for 3-5 minutes until moisture releases. Add remaining ingredients in Step 2 and cook for 10 minutes until thickened. Hold hot for service.
	6 cup	2 lb 8.62 oz	0%	2 lb 8.62 oz	Beans, Lentils, cooked	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.14 oz	Salt, Kosher	
	1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Pepper, Black, table grind	



Mushrooms added



Lentil crumble- done

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1 1/4 cup	0 lb 9.88 oz	0%	0 lb 9.88 oz	Vegan Mayonnaise	For Coleslaw Dressing: In a small mixing bowl, combine all ingredients in step 3. Place dressing in cooler for later use.
	3 tsp	0 lb 0.52 oz	58%	0 lb 1.22 oz	Limes, juice	
	1 1/2 tsp	0 lb 0.16 oz	0%	0 lb 0.16 oz	Seasoning, Taco	
	1 tsp	0 lb 0.11 oz	0%	0 lb 0.11 oz	Garlic, powder	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz	Salt, Kosher	
	3 tbsp	0 lb 1.50 oz	0%	0 lb 1.50 oz	Water, cold	

*Dressing ingredients**Dressing mixed*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	6 cup	0 lb 12.00 oz	1%	0 lb 12.07 oz	Cabbage, Coleslaw Mix	For Coleslaw: In a large bowl, combine all ingredients in step 4. Add dressing and toss to coat
	1 1/4 cup	0 lb 3.75 oz	9%	0 lb 4.14 oz	Onions, Red, sliced	
	1 1/2 cup	0 lb 8.40 oz	0%	0 lb 8.40 oz	Corn, whole kernels, canned	
	3/4 cup	0 lb 1.56 oz	54%	0 lb 3.36 oz	Cilantro, fresh, chopped	

*Coleslaw ingredients**Coleslaw mixed*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	3/4 cup	0 lb 6.36 oz	0%	0 lb 6.36 oz	Guacamole, premade	To assemble: Spread 1 ounce of guacamole on tortilla. Add 3 ounces of coleslaw mix, and top with 6 ounces of crumble. Roll wrap ensuring sides are tucked-in.
	12.0 ea	1 lb 13.63 oz	0%	1 lb 13.63 oz	Tortilla, Flour, 10"	



Wrap assembly

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
6				On a flat top, heat wrap for 1 minute or until wrap has sealed. Slice on a bias and serve.

6



Sealing wrap



Final- Protein Packed Lentil Wrap w/ Cilantro Slaw

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	9 lb 9.28 oz	0 %	9 lb 9.28 oz	0 %	9 lb 9.28 oz
Size of portion	12.77 oz		12.77 oz		12.77 oz

ADDITIONAL INFO

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MEMO

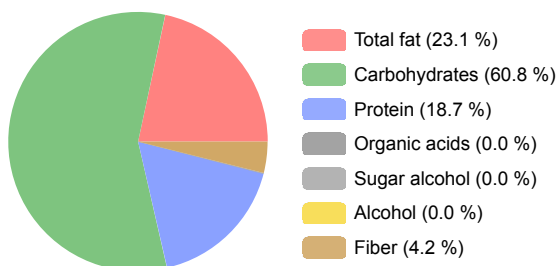
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NUTRITION INFORMATION

supply / 100 g

Energy nutritives		RDI	% of energy	Calories		Minerals			RDI		
						Salt			Vitamins		
				205.24 kcal	10 %	Salt	0.89 g				
				858.73 kJ		Salt	0.89 %			Vitamin A	5.55 µg 1 %
Total fat	5.36 g	7 %	23.09 %			Sodium	357.96 mg	16 %		Vitamin D	0.02 µg 0 %
Saturated	0.93 g	5 %	3.99 %			Phosphorus	138.55 mg	11 %		Thiamine	0.36 mg 30 %
Monounsaturated	1.55 g		6.66 %			Potassium	327.39 mg	7 %		Riboflavin	0.17 mg 13 %
Polyunsaturated	2.07 g		8.90 %			Iron	2.76 mg	15 %		Niacin	2.12 mg 13 %
Trans fatty acids	0.02 g		0.10 %			Calcium	51.02 mg	4 %		Vitamin B6	0.21 mg 12 %
Cholesterol	0.00 mg	0 %				Zinc	1.13 mg	10 %		Vitamin B12	0.00 µg 0 %
Linolenic acid	1.74 g		7.48 %			Magnesium	25.30 mg	6 %		Folate	15.27 µg 4 %
Alpha-linolenic acid	156.89 mg		0.68 %			Iodine	0.00 µg	0 %		Vitamin C	7.30 mg 8 %
Total Carbohydrate	30.71 g	11 %	60.80 %			Selenium	5.93 µg	11 %		Vitamin E	0.59 mg 4 %
Sugars total	2.57 g	5 %				Copper	0.28 mg	31 %		Vitamin K	10.49 µg 9 %
Added sugar	0.00 g	0 %	0.00 %							Others	
Lactose	0.00 g									Water	48.26 g
Fiber	4.48 g	16 %	4.17 %								
Organic acids	0.00 g		0.00 %								
Sugar alcohol	0.00 g		0.00 %								
Starch	21.09 g		41.74 %								
Protein	9.43 g	19 %	18.67 %								
Alcohol	0.00 g		0.00 %								

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	0.30 kg
Main courses	0.42 kg
Desserts	0.19 kg

Comparable CO2 emissions per 100 g.

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.