

# Sweet & Spicy Gangjeong Tofu Bowl

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Asian	PF Round 2	VG	12	12.39 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	9 2/3 cup	3 lb 0.00 oz	2%	3 lb 0.83 oz	Tofu, Extra Firm, drained, pressed, cubed <i>1 inch Cubes</i>	In a large mixing bowl toss tofu and oil until well coated.
	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	



*Cut pressed tofu into 1" cubes*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	4 tbsp	0 lb 1.12 oz	0%	0 lb 1.12 oz	Cornstarch	Whisk cornstarch and salt together- add in tofu from step 1 and toss until evenly coated.
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Salt, Kosher	



*Cornstarch and salt combined*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3						Heat oven to 400°F. On a parchment lined sheet pan place tofu cubes in a single layer without touching. Bake for 30 minutes, flipping halfway, or until lightly browned and crispy. Hold hot for service.

3



*Cooked crispy tofu*



*Tofu on lined sheet pan*

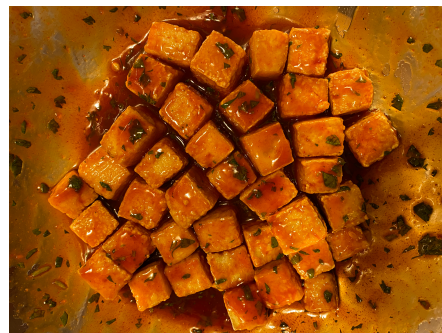
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>4</b>	1/2 cup	0 lb 4.80 oz	0%	0 lb 4.80 oz	Ketchup	Combine all ingredients in step 4. Toss baked tofu in sauce to coat. Hold hot for service.
	1/2 cup	0 lb 5.44 oz	0%	0 lb 5.44 oz	Syrup, Agave, raw	
	2 tbsp	0 lb 2.26 oz	0%	0 lb 2.26 oz	Sauce, Gochujang	
	2 tbsp	0 lb 1.04 oz	0%	0 lb 1.04 oz	Vinegar, Rice Wine	
	3 tbsp	0 lb 0.39 oz	54%	0 lb 0.84 oz	Cilantro, fresh, chopped	



*Gochujang sauce ingredients*



*Gochujang sauce mixed*



*Tofu coated in gochujang sauce*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>5</b>	3 cup	0 lb 9.00 oz	8%	0 lb 9.81 oz	Bok Choy, Baby, fresh	Heat oven to 400°F. Coat bok choy in oil, salt, and pepper and roast for 8-10minutes, or until slightly browned.
	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	
	2 tbsp	0 lb 0.58 oz	0%	0 lb 0.58 oz	Salt, Kosher	
	1 tbsp	0 lb 0.25 oz	0%	0 lb 0.25 oz	Pepper, Black, table grind	



*Bok choy tossed with oil, salt, and pepper*



*Baby bok choy*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	3 cup	1 lb 2.99 oz	10%	1 lb 5.10 oz	Edamame, hulled, frozen	Place edamame in hotel pan and steam in steamer for 3-4 minutes, or until cooked through.



*Edamame steamed*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	1 1/3 cup	0 lb 10.50 oz	0%	0 lb 10.50 oz	Vegan Mayonnaise	In a mixing bowl, combine all ingredients in step 7. Reserve dressing in cooler.
	3 tsp	0 lb 0.44 oz	0%	0 lb 0.44 oz	Sugar, White, granulated	
	~ 1/3 cup	0 lb 3.00 oz	0%	0 lb 3.00 oz	Soy Sauce, Light Sodium	
	2 2/3 tbsp	0 lb 3.00 oz	0%	0 lb 3.00 oz	Sauce, Gochujang	



*Gochujang dressing combined*



*Gochujang dressing ingredients*

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
<b>8</b>	6 cup	1 lb 11.30 oz		0%	1 lb 11.30 oz	Rice, Jasmine, cooked	To assemble: In base of a bowl add 1/4 cup coleslaw mix, 1/4 cup edamame, and 1/2 cup rice. Top with 1/4 cup bok choy, 1 tablespoon kimchi, and 4 tofu cubes. Garnish with 2.5 tablespoons dressing and 1 teaspoon cilantro.
	3 cup	0 lb 5.97 oz		1%	0 lb 6.01 oz	Cabbage, Coleslaw Mix	
	12 tsp	0 lb 0.52 oz		54%	0 lb 1.12 oz	Cilantro, fresh, chopped	
	12 tbsp	0 lb 3.97 oz		0%	0 lb 3.97 oz	Vegan Kimchi	



Assembly of bowl



Final- Sweet & Spicy Gangjeong Tofu Bowl

**ALLERGENS**

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**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	9 lb 4.63 oz	0 %	9 lb 4.63 oz	0 %	9 lb 4.63 oz
Size of portion	12.39 oz		12.39 oz		12.39 oz

**ADDITIONAL INFO**

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**MEMO**

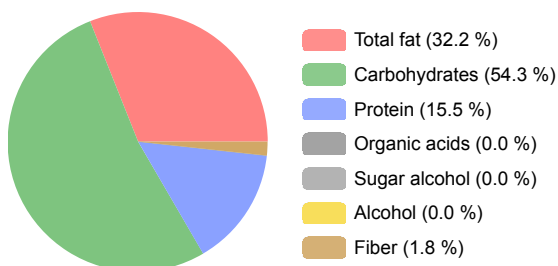
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## NUTRITION INFORMATION

supply / 100 g

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy					Vitamins	
<b>Total fat</b>	<b>6.13 g</b>	<b>8 %</b>	<b>32.24 %</b>	<b>168.10 kcal</b>	<b>8 %</b>	<b>Salt</b>	<b>0.87 g</b>		
Saturated	0.65 g	3 %	3.44 %	703.33 kJ		Salt	0.87 %		Vitamin A
Monounsaturated	1.74 g		9.15 %			Sodium	378.45 mg	16 %	Vitamin D
Polyunsaturated	2.88 g		15.15 %			Phosphorus	81.75 mg	7 %	Thiamine
Trans fatty acids	0.02 g		0.08 %			Potassium	193.22 mg	4 %	Riboflavin
Cholesterol	0.00 mg	0 %				Iron	2.76 mg	15 %	Niacin
Linolenic acid	2.45 g		12.88 %			Calcium	155.60 mg	12 %	Vitamin B6
Alpha-linolenic acid	118.29 mg		0.62 %			Zinc	0.69 mg	6 %	Vitamin B12
<b>Total Carbohydrate</b>	<b>22.46 g</b>	<b>8 %</b>	<b>54.28 %</b>			Magnesium	30.66 mg	7 %	Folate
Sugars total	3.66 g	7 %				Iodine	0.00 µg	0 %	Vitamin C
Added sugar	0.00 g	0 %	0.00 %			Selenium	6.16 µg	11 %	Vitamin E
Lactose	0.00 g					Copper	0.13 mg	14 %	Vitamin K
Fiber	1.58 g	6 %	1.79 %						Others
Organic acids	0.00 g		0.00 %						Water
Sugar alcohol	0.00 g		0.00 %						59.68 g
Starch	0.00 g		0.00 %						
Protein	6.40 g	13 %	15.47 %						
Alcohol	0.00 g		0.00 %						

## PERCENTAGE OF ENERGY



## CO2



Comparable CO2 emissions per 100 g.

### Comparable values

Snacks	0.30 kg
Main courses	0.42 kg
Desserts	0.19 kg

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.