

Tofu Suugo Suqaar

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, African	PF Round 2	VG	12	19.97 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1/2 cup	0 lb 3.84 oz	0%	0 lb 3.84 oz	Oil, Canola	For Tofu Crumbles - Preheat oven to 350°F. In a large mixing bowl place all ingredients in step 1 and mix well.
	1/2 cup	0 lb 4.70 oz	0%	0 lb 4.70 oz	Soy Sauce, regular	
	1/4 cup	0 lb 2.00 oz	0%	0 lb 2.00 oz	Vinegar, Apple Cider	
	1 tbsp	0 lb 0.58 oz	0%	0 lb 0.58 oz	Tomato Paste, canned	
	1 tbsp	0 lb 0.24 oz	0%	0 lb 0.24 oz	Paprika, Smoked, ground	
	2 tsp	0 lb 0.16 oz	0%	0 lb 0.16 oz	Pepper, Black, ground	



Sauce Ingredients Mixed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	10 1/4 cup	3 lb 8.37 oz	2%	3 lb 9.35 oz	Tofu, Extra Firm, Drained, Pressed <i>Break into Pea Size Pieces</i>	Add tofu and mix well. On a parchment lined sheet pan place seasoned tofu in a single layer. Use multiple pans as needed. Bake for 15 minutes then rotate and stir mixture then bake for another 15 minutes or until crumbles are dark golden brown. Hold hot for sauce.



Mixing Tofu and Sauce Together



Tofu after being baked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	4 tbsp	0 lb 1.92 oz	0%	0 lb 1.92 oz	Oil, Canola	For Sauce - In a large pot, heat oil over medium-high heat. Add onions and bell peppers and cook for 3-5 minutes. Add garlic and spices, mixing well and cook for 1 minute. Add tomato paste and diced tomatoes. Bring sauce to a boil, reduce to a simmer. Allow to simmer for 10-15 minutes. Place in hotel pan and add tofu crumble mixture. Mix and hold hot for service.
	3 cup	0 lb 13.35 oz	9%	0 lb 14.74 oz	Onions, Red, small dice	
	3 cup	0 lb 11.70 oz	19%	0 lb 14.39 oz	Pepper, Bell, Green, small dice	
	3 tbsp	0 lb 1.59 oz	12%	0 lb 1.80 oz	Garlic, cloves, peeled, minced	
	4 tbsp	0 lb 0.64 oz	0%	0 lb 0.64 oz	Garam Masala, powder	
	4 tsp	0 lb 0.28 oz	0%	0 lb 0.28 oz	Cumin, ground	
	4 tsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Coriander Seed, ground	
	3/4 tsp	0 lb 0.07 oz	0%	0 lb 0.07 oz	Turmeric, ground	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	
	6 tbsp	0 lb 3.48 oz	0%	0 lb 3.48 oz	Tomato Paste, canned	
	11 3/4 cup	5 lb 4.00 oz	0%	5 lb 4.00 oz	Tomatoes, canned, diced, in juice	



Sauteed Vegetables with Spice Mix



Final Sauce with all ingredients



Mixing Tofu and Sauce in Hotel Pan

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1 tbsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Oil, Canola	For Panko Breadcrumbs - Preheat oven to 350°F. In a mixing bowl combine all ingredients in step 4 and mix well. Place on a parchment lined sheet pan in a single layer. Bake for 10 minutes then rotate pan and bake for another 3-5 minutes or until dark golden brown. Remove from oven and reserve.
	3/4 cup	0 lb 2.10 oz	0%	0 lb 2.10 oz	Crumbs, Panko Bread	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Salt, Kosher	



Seasoned Panko Bread Crumbs



Toasted Panko Breadcrumbs

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	8 cup	3 lb 2.00 oz	0%	3 lb 2.00 oz	Pasta, Spaghetti, cooked	To plate - Place 4 ounces of pasta in a serving bowl. Add 4 ounces of sauce on top of the pasta. Garnish with 1 Tablespoon breadcrumbs and 1 Tablespoon cilantro.
	3/4 cup	0 lb 1.56 oz	54%	0 lb 3.36 oz	Cilantro, fresh, chopped	



Pasta with Sauce, Breadcrumbs, and Garnish

RECIPE IMAGES



Tofu Suugo Squaar

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	14 lb 15.66 oz	0 %	14 lb 15.66 oz	0 %	14 lb 15.66 oz
Size of portion	19.97 oz		19.97 oz		19.97 oz

ADDITIONAL INFO

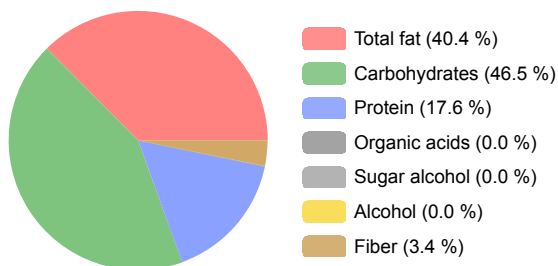
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy	520.32 kcal	26 %	Salt	3.83 g	Vitamins	
Total fat	23.76 g	30 %	40.38 %	2,177.05 kJ		Salt	0.68 %	Vitamin A	101.11 µg 11 %
Saturated	2.46 g	12 %	4.18 %			Sodium	1,528.68 mg 66 %	Vitamin D	0.00 µg 0 %
Monounsaturated	11.30 g		19.21 %			Phosphorus	294.01 mg 24 %	Thiamine	1.69 mg 141 %
Polyunsaturated	8.70 g		14.79 %			Potassium	951.86 mg 20 %	Riboflavin	0.45 mg 35 %
Trans fatty acids	0.06 g		0.10 %			Iron	11.70 mg 65 %	Niacin	5.13 mg 32 %
Cholesterol	0.00 mg	0 %				Calcium	593.26 mg 46 %	Vitamin B6	0.58 mg 34 %
Linolenic acid	6.86 g		11.66 %			Zinc	2.38 mg 22 %	Vitamin B12	0.02 µg 1 %
Alpha-linolenic acid	1,386.23 mg		2.36 %			Magnesium	107.39 mg 26 %	Folate	82.03 µg 21 %
Total Carbohydrate	59.48 g	22 %	46.45 %			Iodine	0.00 µg 0 %	Vitamin C	54.17 mg 60 %
Sugars total	10.45 g	21 %				Selenium	47.59 µg 87 %	Vitamin E	5.22 mg 35 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.61 mg 68 %	Vitamin K	36.66 µg 31 %
Lactose	0.00 g							Others	
Fiber	9.36 g	33 %	3.44 %					Water	453.44 g
Organic acids	0.00 g		0.00 %						
Sugar alcohol	0.00 g		0.00 %						
Starch	33.70 g		26.32 %						
Protein	22.47 g	45 %	17.55 %						
Alcohol	0.00 g	0.00 %	0.00 %						

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	1.70 kg
Main courses	2.38 kg
Desserts	1.08 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.