

Knife and Fork White Bean and Veggie Sub

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree	PF round 3	VG, NF, SF	12	10.36
				OZ

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	2 1/3 cup	1 lb 5.37 oz	0%	1 lb 5.37 oz	Beans, Cannellini, canned, drained, rinsed	<p>For White Bean Patties: In a food processor, combine ingredients in step 1. Pulse to combine but do not overmix to a paste. Fold bean mixture with couscous until combined.</p>
	1/3 cup	0 lb 1.47 oz	9%	0 lb 1.62 oz	Onions, White, small diced	
	1 1/2 tsp	0 lb 0.26 oz	12%	0 lb 0.30 oz	Garlic, cloves, peeled, minced	
	2 tbsp	0 lb 1.16 oz	0%	0 lb 1.16 oz	Tomato Paste, canned	
	3 tbsp	0 lb 1.59 oz	0%	0 lb 1.59 oz	Sauce, Harissa	
	1 cup	0 lb 3.50 oz	0%	0 lb 3.50 oz	Bread Crumbs, dry, plain	
	1 1/2 tsp	0 lb 0.11 oz	0%	0 lb 0.11 oz	Lemons, zest	
	1 tbsp	0 lb 0.11 oz	60%	0 lb 0.27 oz	Parsley, Italian, fresh, minced	
	3 tbsp	0 lb 0.33 oz	58%	0 lb 0.79 oz	Mint, fresh, minced	
	1 1/2 tsp	0 lb 0.09 oz	0%	0 lb 0.09 oz	Red Pepper Flakes, crushed	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Salt, Kosher	
	1 1/2 tsp	0 lb 0.12 oz	0%	0 lb 0.12 oz	Pepper, Black, ground	
	3 cup	1 lb 0.62 oz	0%	1 lb 0.62 oz	Couscous, Israeli (Pearl), cooked	



Process patty ingredients.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
2					Hand form into 4 ounce oval-shaped patties. Allow patties to rest in cooler for 30 minutes before cooking. Patties to be stored raw in cooler or freezer until ready to cook.

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Form patties into ovals.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
3	3 tbsp	0 lb 1.44 OZ	0%	0 lb 1.44 OZ Oil, Canola	On a flat top grill or in a large sauté pan, heat oil over medium high heat. Add thawed patty and cook for 4 minutes on each side or until golden brown. If cooking from frozen cook for 8-10 minutes on each side. Patties can be cooked to order or stored on sheet pans in a hot box or hotel pan in the hot well until ready for service.



Cook patties.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	3 tsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Oil, Canola	For Spring Vegetable Ragout - In a rondeau, heat oil over medium heat. Add onions and garlic and slowly cook until tender, 5-7 minutes. Add asparagus and peas, cook for 7-10 minutes until asparagus is tender.
	3/4 cup	0 lb 3.34 oz	9%	0 lb 3.68 oz	Onions, White, small diced	
	2 1/4 tsp	0 lb 0.40 oz	12%	0 lb 0.45 oz	Garlic, cloves, peeled, minced	
	3/4 cup	0 lb 3.56 oz	43%	0 lb 6.24 oz	Asparagus, fresh, trimmed <i>Cut into 1/2" pieces</i>	
	3/4 cup	0 lb 4.24 oz	0%	0 lb 4.24 oz	Peas, Green, frozen	



Cook onions and garlic.



Add asparagus and peas.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	1/4 cup	0 lb 2.29 oz	0%	0 lb 2.29	Beans, Cannellini, oz canned, drained, rinsed <i>Save the aquafaba when drained.</i>	Add beans and aquafaba and bring to a boil then reduce heat to a low simmer. Allow liquid to reduce to a thin sauce. Add swiss chard and tomatoes and continue cooking until sauce is thick but still saucy. Ragout can be stored in a hotel pan in the hot well or hotbox until ready for service.
	1 cup	0 lb 8.00 oz	0%	0 lb 8.00	Aquafaba (bean oz juice) <i>Add water, if needed, to meet amount.</i>	
	1 cup	0 lb 2.30 oz	9%	0 lb 2.52	Chard, Swiss, oz chopped	
	3/4 cup	0 lb 3.85 oz	5%	0 lb 4.05	Tomatoes, oz Cherry, small <i>Cut in half.</i>	



Add chard.



Let ragout simmer.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	8 tsp	0 lb 1.28 oz	0%	0 lb 1.28	Oil, Canola oz	For Basil Aioli: Combine all ingredients, except mayonnaise, in step 5 in a food processor and process until smooth. In a bowl, stir pesto and mayonnaise until combined. Aioli can be stored in sealed container in cooler until ready for service.
	1/2 tsp	0 lb 0.09 oz	59%	0 lb 0.21	Lemons, juice oz	
	1/4 tsp	0 lb 0.04 oz	12%	0 lb 0.05	Garlic, cloves, oz peeled, minced	
	8 tsp	0 lb 0.83 oz	0%	0 lb 0.83	Sunflower Seeds, oz raw	
	1 1/2 cup	0 lb 1.35 oz	44%	0 lb 2.41	Basil, fresh, oz whole	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02	Salt, Kosher oz	
	1 cup	0 lb 7.90 oz	0%	0 lb 7.90	Vegan oz Mayonnaise	



Make pesto.



Basil aioli.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
7	12.0 ea	2 lb 4.00 oz	0%	2 lb 4.00 oz Bread, Hoagie Roll, sliced <i>Not sliced all the way through, toasted.</i>	For service: Spread 1 tablespoon basil aioli on each slice of the hoagie, top with 1 patty, and 1/4 cup veggie ragout.



Spread aioli and add patty.



Add veggie ragout.

RECIPE IMAGES



Knife and Fork White Bean and Veggie Sub

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	7 lb 12.28	0 %	7 lb 12.28	0 %	7 lb 12.28
	OZ		OZ		OZ
Size of portion	10.36 oz		10.36 oz		10.36 oz

ADDITIONAL INFO

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MEMO

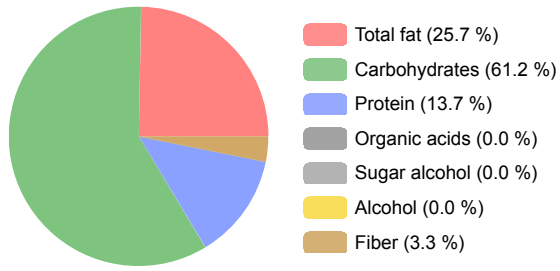
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NUTRITION INFORMATION

supply / 100 g

				Minerals		RDI	
Energy nutritives		RDI	% of energy	Calories	RDI		
Total fat	6.50 g	8 %	25.66 %	224.16 kcal	11 %	Salt	0.70 g
Saturated	0.75 g	4 %	2.94 %	937.89 kJ		Salt	0.70 %
Monounsaturated	2.37 g		9.35 %			Sodium	279.20 mg
Polyunsaturated	2.62 g		10.36 %			Phosphorus	105.75 mg
Trans fatty acids	0.03 g		0.11 %			Potassium	215.90 mg
Cholesterol	0.00 mg	0 %				Iron	2.15 mg
Linolenic acid	2.17 g		8.55 %			Calcium	76.11 mg
Alpha-linolenic acid	286.40 mg		1.13 %			Zinc	0.72 mg
Total Carbohydrate	33.76 g	12 %	61.19 %			Magnesium	37.35 mg
Sugars total	2.95 g	6 %				Iodine	0.00 µg
Added sugar	0.00 g	0 %	0.00 %			Selenium	9.59 µg
Lactose	0.00 g					Copper	0.15 mg
Fiber	3.88 g	14 %	3.31 %				
Organic acids	0.00 g		0.00 %			Vitamins	
Sugar alcohol	0.00 g		0.00 %			Vitamin A	25.48 µg
Starch	12.31 g		22.32 %			Vitamin D	0.00 µg
Protein	7.56 g	15 %	13.70 %			Thiamine	0.28 mg
Alcohol	0.00 g		0.00 %			Riboflavin	0.14 mg
						Niacin	2.13 mg
						Vitamin B6	0.10 mg
						Vitamin B12	0.07 µg
						Folate	17.66 µg
						Vitamin C	3.38 mg
						Vitamin E	1.08 mg
						Vitamin K	30.70 µg
						Others	
						Water	50.70 g

PERCENTAGE OF ENERGY



CO2



0.01 kg

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.