

Black Bean Burrito Bowl

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mexican	K12	VG, GF, NF, SF	12	17.60
				OZ

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 cup	1 lb 9.19 oz	0%	1 lb 9.19 oz	Beans, Refried, canned, low sodium	In a steamer, transfer refried beans to a hotel pan, and steam for approximately 5-8 minutes, until warm. Place in warmer until service.



Refried beans, steamed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	6 cup	3 lb 2.82 oz	0%	3 lb 2.82 oz	Beans, Black, canned, low sodium	In a large bowl, combine all the ingredients in step 2. Stir to combine and transfer to steamtable pans and steam for approximately 10 minutes, until warm. Place in warmer until service.
	6 cup	2 lb 1.30 oz	0%	2 lb 1.30 oz	Corn, whole kernels, canned	
	3 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Seasoning, Taco	



Corn, black beans, and taco seasoning in bowl



Corn, black beans, and taco seasoning mixed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	6 cup	2 lb 9.28 oz	0%	2 lb 9.28 oz	Rice, Brown, long grain, cooked	To serve: In center of bowl, portion 1/2 cup brown rice. Surrounding rice, portion 1 cup seasoned black beans and corn, 1/4 cup refried beans, 1/2 cup pico, 1/4 cup lettuce, 2 tablespoons of diced tomatoes, and garnish with 1 tablespoon of salsa and cilantro.
	6 cup	1 lb 13.70 oz	0%	1 lb 13.70 oz	Pico de Gallo, premade	
	3 cup	0 lb 5.10 oz	25%	0 lb 6.80 oz	Lettuce, Romaine, shredded	
	1 1/2 cup	0 lb 8.55 oz	6%	0 lb 9.12 oz	Tomatoes, Roma, small dice	
	3/4 cup	0 lb 3.71 oz	0%	0 lb 3.71 oz	Salsa, Tomato, premade	
	3/4 cup	0 lb 1.56 oz	54%	0 lb 3.36 oz	Cilantro, fresh, chopped	



Toppings & garnishes on bowl

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	12 cup	0 lb 11.01 oz	0%	0 lb 11.01 oz	Tortilla, Corn, chips	Serve with 1 cup of corn tortilla chips.



*Final- Black Bean
Burrito Bowl*

ALLERGENS

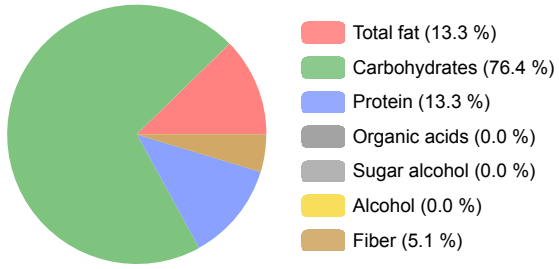
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NUTRITION INFORMATION

per portion

				Calories	RDI	Minerals		RDI		Vitamins		RDI
Energy nutritives		RDI	% of energy	797.77 kcal	40 %	Salt	2.29 g			Vitamin		
Total fat	12.02 g	15 %	13.33 %	3,337.87 kJ		Salt	0.46 %			A	110.86 µg	12 %
Saturated	2.08 g	10 %	2.31 %			Sodium	915.98 mg	40 %		D	0.00 µg	0 %
Monounsaturated	4.01 g		4.45 %			Phosphorus	664.08 mg	53 %		Thiamine	1.00 mg	83 %
Polyunsaturated	4.49 g		4.98 %			Potassium	1,461.43 mg	31 %		Riboflavin	0.42 mg	32 %
Trans fatty acids	0.03 g		0.03 %			Iron	6.31 mg	35 %		Niacin	9.51 mg	59 %
Cholesterol	0.00 mg	0 %				Calcium	109.38 mg	8 %		Vitamin B6	0.93 mg	55 %
Linolenic acid	4.10 g		4.54 %			Zinc	4.66 mg	42 %		Vitamin B12	0.00 µg	0 %
Alpha-linolenic acid	227.30 mg		0.25 %			Magnesium	270.10 mg	64 %		Folate	0.00 µg	0 %
Total Carbohydrate	150.07 g	55 %	76.43 %			Iodine	0.00 µg	0 %		Vitamin C	16.21 mg	18 %
Sugars total	6.75 g	14 %				Selenium	24.92 µg	45 %		Vitamin E	2.85 mg	19 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.84 mg	93 %		Vitamin K	31.77 µg	26 %
Lactose	0.00 g									Others		
Fiber	21.24 g	76 %	5.09 %							Water	303.41 g	
Organic acids	0.00 g		0.00 %									
Sugar alcohol	0.00 g		0.00 %									
Starch	97.22 g		49.51 %									
Protein	26.16 g	52 %	13.32 %									
Alcohol	0.00 g		0.00 %									

PERCENTAGE OF ENERGY



CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.