

Black Bean Teriyaki Burger

Recipe group
Entree, American

Additional name
PF K-12

Diet factors
VG

Portions
12

Portion size
10.99
OZ

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	5 3/4 cup	3 lb 0.70 oz	0%	3 lb 0.70 oz	Beans, Black, canned, drained, rinsed	For Black Bean Patties - Place beans in to a food processor and pulse to break up but do not process into a paste.



beans in food processor



Processed Beans

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 cup	0 lb 8.61 oz	0%	0 lb 8.61 oz	Sauce, Teriyaki	In a large mixing bowl combine processed beans with all ingredients in step 2. Mix well, making sure breadcrumbs are fully moist and no dry spots in mixture.
	1 1/2 cup	0 lb 4.20 oz	0%	0 lb 4.20 oz	Crumbs, Panko Bread	
	1/2 cup	0 lb 2.30 oz	0%	0 lb 2.30 oz	Flour, All-Purpose	
	4 tsp	0 lb 0.31 oz	0%	0 lb 0.31 oz	Onion, powder	
	1/2 tsp	0 lb 0.06 oz	0%	0 lb 0.06 oz	Garlic, powder	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	
	1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Pepper, Black, ground	



*Black Bean Patty
Ingredients*



*Patty Mixture
Mixed Thoroughly*

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
3					Measure 4 ounces and press into patties. Place on parchment lined sheet pan, stack in layers if needed with parchment paper between each patty. Cover and hold in cooler for at least 30 minutes.

3



Forming Patty

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4	9 1/4 cup	1 lb 2.41 oz	1%	1 lb 2.52 oz Cabbage, Coleslaw Mix	For Slaw - In a large mixing bowl combine all ingredients in step 3 and mix well. Cover and hold in cooler until service.
	1 cup	0 lb 3.00 oz	9%	0 lb 3.31 oz Onions, Red, sliced	
	1 1/2 cup	0 lb 3.12 oz	54%	0 lb 6.72 oz Cilantro, fresh, chopped	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz Salt, Kosher	
	2 tsp	0 lb 0.33 oz	0%	0 lb 0.33 oz Oil, Sesame	



Slaw Ingredients



Slaw Mixed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	2 1/4 cup	1 lb 1.32 oz	0%	1 lb 1.33	Pineapple, canned, crushed with juice <i>12 Rings Total</i>	For Pineapple - Using a bar grill over medium- high heat add pineapple rings. Grill pineapple for about 3-5 minutes or until marks appear then flip. Continue grilling for another 3-5 minutes until marks appear on second side and pineapple is heated through. Hold hot for service.



Grilling Pineapple

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	1/2 cup	0 lb 4.30 OZ	0%	0 lb 4.30 OZ	Sauce, Teriyaki	To Cook Patties - Preheat oven to 350°F. In a pot heat sauce over medium heat until it comes to a boil. Reduce heat and hold hot. Place patties on a parchment lined sheet pan and brush with teriyaki sauce. Bake in oven for 15 minutes, flip and continue baking for another 10-15 minutes or until internal temperature is 165°F. Remove pan from oven and brush patties with sauce again, then place into hotel pans and hold hot for service.



Placing Burgers with Sauce into Oven



Baked Patty with Sauce

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	12.0 ea	1 lb 5.00 OZ	0%	1 lb 5.00 OZ	Buns, Hamburger, Wheat, sliced	To plate - Place bottom bun on plate. Add patty to bun. Add pineapple ring to top of patty. Add 4 ounces slaw mixture. Add top half of bun.



Plating Burger on Bun with Pineapple



Adding Slaw and Top Bun

RECIPE IMAGES



Black Bean Teriyaki Burger

ALLERGENS

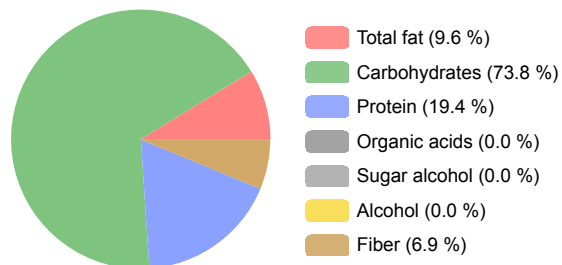
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NUTRITION INFORMATION

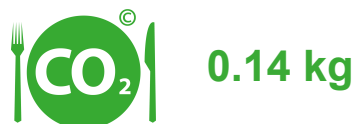
per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy	373.67 kcal	19 %	Salt	2.84 g		
Total fat	4.05 g	5 %	9.59 %	1,563.44 kJ		Salt	0.91 %		
Saturated	0.81 g	4 %	1.91 %			Sodium	1,130.96 mg	49 %	Vitamins
Monounsaturated	0.84 g		2.00 %			Phosphorus	322.38 mg	26 %	Vitamin A
Polyunsaturated	1.65 g		3.90 %			Potassium	785.28 mg	17 %	Vitamin D
Trans fatty acids	0.01 g		0.02 %			Iron	5.01 mg	28 %	Thiamine
Cholesterol	0.00 mg	0 %				Calcium	201.65 mg	16 %	Riboflavin
Linolenic acid	1.44 g		3.41 %			Zinc	1.89 mg	17 %	Niacin
Alpha-linolenic acid	83.76 mg		0.20 %			Magnesium	120.65 mg	29 %	Vitamin B6
Total Carbohydrate	67.86 g	25 %	73.79 %			Iodine	0.00 µg	0 %	Vitamin B12
Sugars total	14.46 g	29 %				Selenium	23.21 µg	42 %	Folate
Added sugar	0.00 g	0 %	0.00 %			Copper	0.47 mg	52 %	Vitamin C
Lactose	0.00 g								Vitamin E
Fiber	13.41 g	48 %	6.86 %						Vitamin K
Organic acids	0.00 g		0.00 %						Others
Sugar alcohol	0.00 g		0.00 %						Water
Starch	20.07 g		21.82 %						215.00 g
Protein	17.83 g	36 %	19.38 %						
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.