

Country Fried Tofu Sandwich

Recipe group	Additional name	Diet factors	Portions	Portion size
-	Protein Foundations		12	11.69 OZ

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1 1/2 cup	0 lb 12.00 oz	0%	0 lb 12.00 oz	Non-Dairy Milk, Soy, unsweetened	In a hotel pan combine all listed ingredients in step 1. Allow to sit for at least 5 minutes.
	1/4 cup	0 lb 2.00 oz	0%	0 lb 2.00 oz	Vinegar, Apple Cider	
	2 tbsp	0 lb 1.20 oz	0%	0 lb 1.20 oz	Sauce, Hot, generic	
	1/4 cup	0 lb 0.52 oz	0%	0 lb 0.52 oz	Seasoning, Poultry	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	
	1 tbsp	0 lb 0.24 oz	0%	0 lb 0.24 oz	Pepper, Black, ground	



Wet Ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3 cup	0 lb 13.80 oz	0%	0 lb 13.80 oz	Flour, All-Purpose	In a separate hotel pan combine all listed ingredients in step 2.
	3/4 cup	0 lb 6.12 oz	0%	0 lb 6.12 oz	Salt, Seasoning	



Dry Ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	9 1/2 cup	2 lb 15.50 oz	2%	3 lb 0.32 oz	Tofu, Extra Firm, drained, pressed, cubed <i>4oz. squares</i>	First coat tofu in the wet mixture, be sure to coat all sides and edges. Then transfer to the dry and follow the same procedure.



Pressed & Drained Tofu



Tofu In Wet Mixture



Tofu In Dry Mixture

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4						Place breaded tofu in the deep fryer, at 350 degrees, for 3-4 minutes until it is golden brown and crispy.

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Fried Tofu

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	12.0 ea	1 lb 5.00 oz	0%	1 lb 5.00	Buns, oz Hamburger, White, sliced	To assemble: Place 1 tablespoon of mayo on each side of the toasted bun, then layer 1 ounce pickles, then tofu, 1 ounce lettuce and then top bun.
	4 1/2 cup	0 lb 11.43 oz	2%	0 lb 11.71	Lettuce, Iceberg, oz shredded	
	1 1/2 cup	0 lb 11.85 oz	0%	0 lb 11.85	Vegan oz Mayonnaise	
	2 1/4 cup	0 lb 12.31 oz	0%	0 lb 12.31	Pickle, Dill, sliced oz	

RECIPE IMAGES



Final Plate

ALLERGENS

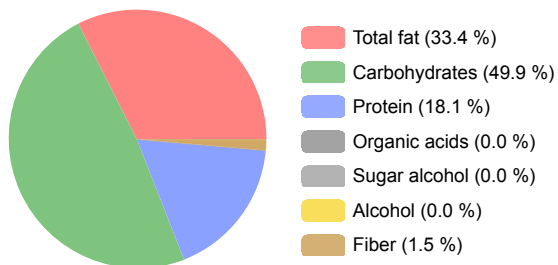
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NUTRITION INFORMATION

per portion

Energy nutritives			Calories	RDI	Minerals		RDI	
			455.78 kcal	23 %	Salt	16.48 g		
			1,906.99 kJ		Salt	4.97 %		
Total fat	17.23 g	22 %			Sodium	6,589.09 mg	286 %	Vitamins
Saturated	2.20 g	11 %			Phosphorus	230.83 mg	18 %	Vitamin A
Monounsaturated	3.21 g				Potassium	392.31 mg	8 %	Vitamin D
Polyunsaturated	9.06 g				Iron	9.05 mg	50 %	Thiamine
					Calcium	559.47 mg	43 %	Riboflavin
Trans fatty acids	0.06 g	0.11 %			Zinc	1.74 mg	16 %	Niacin
Cholesterol	0.00 mg	0 %			Magnesium	79.71 mg	19 %	Vitamin B6
Linolenic acid	7.70 g				Iodine	0.00 µg	0 %	Vitamin B12
Alpha-linolenic acid	88.17 mg	0.17 %			Selenium	35.15 µg	64 %	Folate
Total Carbohydrate	56.02 g	20 %			Copper	0.40 mg	44 %	Vitamin C
Sugars total	5.71 g	11 %						Vitamin E
Added sugar	0.00 g	0 %						Vitamin K
Lactose	0.00 g							
Fiber	3.48 g	12 %						Others
Organic acids	0.00 g	0.00 %						Water
Sugar alcohol	0.00 g	0.00 %						218.55 g
Starch	18.21 g	16.23 %						
Protein	20.35 g	41 %						
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.