

Kick'in Kidney Bean Tacos

Recipe group Entree, Mexican	Additional name PF K-12	Diet factors VG, NF	Portions 12	Portion size 11.84 OZ
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	10 cup	3 lb 6.50 OZ	0%	3 lb 6.50 OZ	Beans, Kidney, canned, drained, rinsed	For Kidney Bean Crumble: In a food processor, pulse ingredients in Step 1 until mixture has broken down into a crumble but not a paste. *Crumble can be made the day ahead, place in a wrapped container and hold until service.
	2 1/4 cup	0 lb 6.30 OZ	0%	0 lb 6.30 OZ	Crumbs, Panko Bread	
	3 tsp	0 lb 0.51 OZ	0%	0 lb 0.51 OZ	Salt, Seasoning	
	1 tbsp	0 lb 0.32 OZ	0%	0 lb 0.32 OZ	Seasoning, Taco <i>Low or no sodium</i>	



Ingredients in food processor



Kidney bean crumble, processed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3/4 cup	0 lb 5.76 OZ	0%	0 lb 5.76 OZ	Oil, Canola	On a flat top grill, or large skillet, heat oil over medium-high heat. Cook crumble while constantly stirring for 8-10 minutes or until mixture is golden brown and crispy. Hold hot for service.



Kidney bean crumble in pan



Kidney bean crumble, cooked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1 cup	0 lb 7.90 oz	0%	0 lb 7.90 oz	Vegan Mayonnaise	For Coleslaw Dressing: In a small mixing bowl, combine all ingredients in step 3. Set dressing aside in cooler.
	2 tbsp	0 lb 1.04 oz	58%	0 lb 2.45 oz	Limes, juice	
	1 1/2 tsp	0 lb 0.17 oz	0%	0 lb 0.17 oz	Garlic, powder	
	1 1/2 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Cumin, ground	



Dressing ingredients



Dressing mixed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	8 cup	1 lb 0.02 oz	1%	1 lb 0.12 oz	Cabbage, Coleslaw Mix	For Coleslaw: In a large mixing bowl, combine all ingredients except the cabbage in step 4 until creamy and then fold in cabbage. Add reserved dressing to coleslaw and toss to coat.
	1 1/2 cup	0 lb 8.33 oz	0%	0 lb 8.33 oz	Corn, whole kernels, canned	
	2/3 cup	0 lb 3.00 oz	9%	0 lb 3.31 oz	Onions, Red, small dice	
	3 tbsp	0 lb 0.39 oz	54%	0 lb 0.84 oz	Cilantro, fresh, chopped	



Coleslaw ingredients



Coated in dressing

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	24.0 ea	1 lb 8.55 OZ	0%	1 lb 8.55 OZ	Tortilla, Corn, 6"	For Assembly: 2 tacos/ serving - On a flat top, heat tortillas on both sides until slightly charred. About 1-2 minutes on each side. Or bake at 375°F for 5-7 minutes flipping halfway. Spread 1 ounce of guacamole on top side of tortillas. Top with 1.5 ounces of coleslaw and 2.5 ounces of kidney bean crumble. Garnish with 0.5 ounces of cilantro.
	1 1/2 cup	0 lb 12.72 OZ	0%	0 lb 12.72 OZ	Guacamole, premade	
	1/4 cup	0 lb 0.52 OZ	54%	0 lb 1.12 OZ	Cilantro, fresh, chopped	



Assembly of tacos



Final- Kick'in Kidney Bean Tacos

ALLERGENS

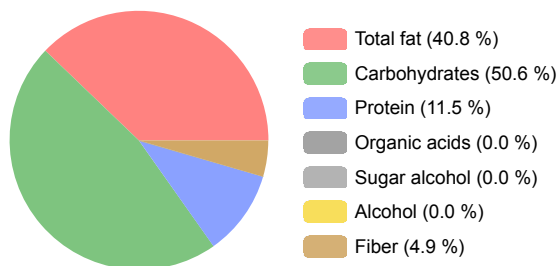
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy	508.01 kcal	25 %	Salt	2.50 g		
				2,125.54 kJ		Salt	0.74 %		
Total fat	23.43 g	30 %	40.79 %			Sodium	1,019.44 mg	44 %	Vitamins
Saturated	2.31 g	12 %	4.02 %			Phosphorus	376.38 mg	30 %	Vitamin A
Monounsaturated	10.45 g		18.20 %			Potassium	665.49 mg	14 %	Vitamin D
						Iron	3.66 mg	20 %	Thiamine
Polyunsaturated	8.42 g		14.66 %			Calcium	146.14 mg	11 %	Riboflavin
						Zinc	2.03 mg	18 %	Niacin
Trans fatty acids	0.08 g		0.14 %			Magnesium	107.41 mg	26 %	Vitamin B6
Cholesterol	0.00 mg	0 %				Iodine	0.00 µg	0 %	Vitamin B12
Linolenic acid	6.61 g		11.50 %			Selenium	9.63 µg	18 %	Folate
Alpha-linolenic acid	1,298.43 mg		2.26 %			Copper	0.36 mg	40 %	Vitamin C
Total Carbohydrate	63.30 g	23 %	50.63 %						Vitamin E
Sugars total	5.30 g	11 %							Vitamin K
Added sugar	0.00 g	0 %	0.00 %						Others
Lactose	0.00 g								Water
Fiber	12.97 g	46 %	4.88 %						200.12 g
Organic acids	0.00 g		0.00 %						
Sugar alcohol	0.00 g		0.00 %						
Starch	21.92 g		17.53 %						
Protein	14.40 g	29 %	11.52 %						
Alcohol	0.00 g	0.00 %	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.