

# Mushroom Lentil Bahn Mi Burger

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Asian	PF Round 3	VG	12	10.37 OZ

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 tbsp	0 lb 0.69 oz	0%	0 lb 0.69 oz	Flax seed, brown, ground	For Mushroom Lentil Patty - Combine ingredients in step 1 and allow to sit for at least 5 minutes.
	6 tbsp	0 lb 3.00 oz	0%	0 lb 3.00 oz	Water	



*Flaxseed and Water*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 tbsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Oil, Canola	In a large skillet, heat oil over medium high heat. Add onions and jalapeno and cook until tender, about 3-4 minutes. Add garlic and cook for 1 minute. Add mushrooms and cook until water has evaporated, about 4-5 minutes. Remove from heat and allow to cool.
	1 cup	0 lb 4.45 oz	9%	0 lb 4.91 oz	Onions, Yellow, small dice	
	2 tbsp	0 lb 0.47 oz	6%	0 lb 0.50 oz	Peppers, Jalapeño, fresh, chopped	
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	
	4 1/2 cup	1 lb 0.20 oz	6%	1 lb 1.27 oz	Mushrooms, White Button, chopped	



*Sautéing Onions  
Jalapeno and Garlic*



*Adding Mushrooms*



*Mushroom Mixture  
Finished Cooking*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>3</b>	2 cup	0 lb 10.68 oz	0%	0 lb 10.68 oz	Farro, cooked	In a large mixing bowl combine flax seed mixture, cooled mushroom mixture, and all ingredients in step 3. Measure 4 oz patties and place on a parchment lined sheet pan. Cover and place in cooler for at least an hour.
	2 tbsp	0 lb 1.15 oz	0%	0 lb 1.15 oz	Soy Sauce, Light Sodium	
	2 tbsp	0 lb 1.16 oz	0%	0 lb 1.16 oz	Tomato Paste, canned	
	1/2 cup	0 lb 1.04 oz	54%	0 lb 2.24 oz	Cilantro, fresh, chopped	
	1/2 cup	0 lb 1.00 oz	17%	0 lb 1.21 oz	Onions, Green, sliced thinly on bias	
	2 cup	0 lb 13.54 oz	0%	0 lb 13.54 oz	Beans, Lentils, cooked	
	2/3 cup	0 lb 2.46 oz	0%	0 lb 2.46 oz	Flour, Oat	
	1/4 cup	0 lb 1.12 oz	0%	0 lb 1.12 oz	Cornstarch	
	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	



*Ingredients in a Bowl*



*Patty Mixture*



*4 ounce Patty*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1/4 cup	0 lb 1.92 OZ	0%	0 lb 1.92 OZ	Oil, Canola	In a large skillet, heat 1 Tablespoon oil over medium heat. Add 3 patties to pan and cook for 3-5 minutes on each side until golden brown. Hold patties hot for service.



*Cooking Patty*



*Second Side*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	6 cup	0 lb 11.94 OZ	1%	0 lb 12.01 oz	Cabbage, Coleslaw Mix	For Quick Pickle Slaw - Combine all ingredients in step 5 and mix well. Allow to sit for 15 minutes, tossing mixture once or twice making sure all ingredients are becoming soft. Drain excess water.
	3 cup	0 lb 11.70 OZ	19%	0 lb 14.39 oz	Carrots, peeled, shredded	
	1/4 cup	0 lb 0.98 OZ	6%	0 lb 1.04 oz	Peppers, Jalapeño, fresh, sliced <i>Slice Thin</i>	
	4 tbsp	0 lb 1.77 OZ	0%	0 lb 1.78 oz	Sugar, White, granulated	
	4 tsp	0 lb 0.39 OZ	0%	0 lb 0.39 OZ	Salt, Kosher	



*Slaw ingredients in bowl*



*Slaw after mixing and fermenting*

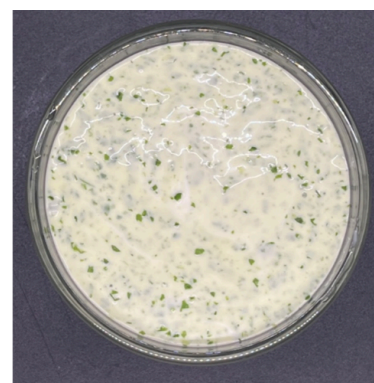
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>6</b>	3/4 cup	0 lb 5.93 oz	0%	0 lb 5.93 oz	Vegan Mayonnaise	For Cilantro Lime Crema: Combine all ingredients in step 6 except for cilantro in a blender, process until smooth. Add cilantro and pulse until flaked throughout. Cilantro Lime Crema can be stored in a sealed container in cooler until ready for service.
	1 tbsp	0 lb 0.52 oz	58%	0 lb 1.22 oz	Limes, juice	
	1 1/2 tsp	0 lb 0.25 oz	0%	0 lb 0.25 oz	Vinegar, Apple Cider	
	3/4 tsp	0 lb 0.09 oz	0%	0 lb 0.09 oz	Garlic, powder	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 oz	Salt, Kosher	
	6 tbsp	0 lb 0.78 oz	54%	0 lb 1.68 oz	Cilantro, fresh, chopped	



*Ingredients in blender*



*Processed*



*Cilantro Crema*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>7</b>	12.0 ea	1 lb 5.00 oz	0%	1 lb 5.00 oz	Buns, Hamburger, White, sliced	To plate - Spread 1 Tablespoon of crema on top and bottom bun. Place bottom bun on plate and add patty. Add 1/2 ounce sliced cucumbers on top then add 1 Tablespoon of slaw. Add 1 Tablespoon cilantro, then add top bun.
	1 1/4 cup	0 lb 6.00 oz	5%	0 lb 6.32 oz	Cucumber, with peel, sliced	
	3/4 cup	0 lb 2.52 oz	54%	0 lb 5.43 oz	Cilantro, fresh, leaves	



*Crema on Buns*



*Patty and  
Cucumber on Bun*



*Mushroom Lentil  
Bahn Mi Burger*

**RECIPE IMAGES**



*Mushroom Lentil Bahn Mi Burger*

**ALLERGENS**

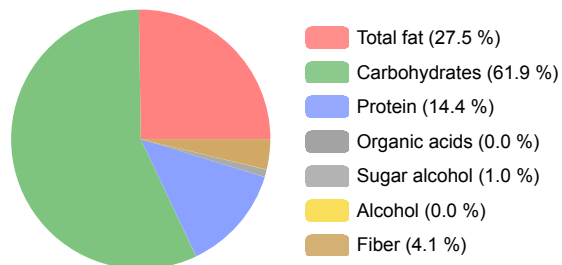
-

## NUTRITION INFORMATION

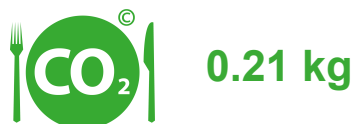
per portion

Energy nutritives			Calories	RDI	Minerals		RDI	
			460.47 kcal	23 %	Salt	2.39 g		
			1,926.58 kJ		Salt	0.81 %		
<b>Total fat</b>	<b>14.31 g</b>	<b>18 %</b>			Sodium	952.46 mg	41 %	<b>Vitamins</b>
Saturated	1.47 g	7 %			Phosphorus	225.74 mg	18 %	<b>Vitamin A</b>
Monounsaturated	5.05 g				Potassium	661.08 mg	14 %	287.60 µg
Polyunsaturated	5.82 g				Iron	4.06 mg	23 %	<b>Vitamin D</b>
					Calcium	137.38 mg	11 %	0.08 µg
Trans fatty acids	0.06 g				Zinc	1.59 mg	14 %	<b>Thiamine</b>
Cholesterol	0.00 mg	0 %			Magnesium	66.82 mg	16 %	0.49 mg
Linolenic acid	4.37 g				Iodine	0.00 µg	0 %	<b>Riboflavin</b>
Alpha-linolenic acid	607.39 mg				Selenium	21.73 µg	40 %	0.41 mg
<b>Total Carbohydrate</b>	<b>70.09 g</b>	<b>25 %</b>			Copper	0.40 mg	44 %	<b>Niacin</b>
Sugars total	12.00 g	24 %						4.63 mg
Added sugar	0.00 g	0 %						<b>Vitamin B6</b>
Lactose	0.00 g							0.31 mg
<b>Fiber</b>	<b>9.95 g</b>	<b>36 %</b>						<b>Vitamin B12</b>
Organic acids	0.00 g	0.00 %						0.11 µg
Sugar alcohol	1.97 g	1.02 %						26.29 µg
Starch	18.73 g	16.52 %						28.14 mg
<b>Protein</b>	<b>16.37 g</b>	<b>33 %</b>						<b>Vitamin C</b>
Alcohol	0.00 g	0.00 %						2.26 mg
								<b>Vitamin E</b>
								58.69 µg
								<b>Vitamin K</b>
								<b>Others</b>
								<b>Water</b>
								185.80 g

## 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.