

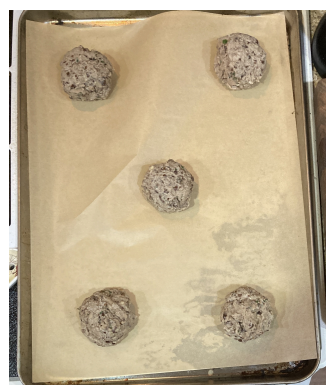
Tandoori Sweet Potato and Black Bean Falafel Bowl

Recipe group Entree, Indian	Additional name PF round 3	Diet factors VG, GF, NF, SF	Portions 12	Portion size 12.79 OZ
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1/4 cup	0 lb 1.92 OZ	0%	0 lb 1.92 OZ	Oil, Canola	For Falafel: In a food processor, combine all ingredients and pulse to combine until a textured mixture forms. Scoop mixture into 2.3 ounce balls and place on lined sheet tray. Let chill in cooler for 15-30 minutes.
	1 cup	0 lb 4.45 OZ	9%	0 lb 4.91 OZ	Onions, White, small diced	
	2 tbsp	0 lb 1.06 OZ	12%	0 lb 1.20 OZ	Garlic, cloves, peeled, minced	
	3 1/2 cup	1 lb 14.00 OZ	0%	1 lb 14.00 OZ	Beans, Black, canned, drained, rinsed	
	3 tbsp	0 lb 1.50 OZ	0%	0 lb 1.50 OZ	Stock, Vegetable	
	2 tbsp	0 lb 0.26 OZ	54%	0 lb 0.56 OZ	Cilantro, fresh, chopped	
	1 cup	0 lb 4.48 OZ	0%	0 lb 4.48 OZ	Cornstarch	
	1 tsp	0 lb 0.10 OZ	0%	0 lb 0.10 OZ	Salt, Kosher	
	1 tsp	0 lb 0.07 OZ	0%	0 lb 0.07 OZ	Coriander Seed, ground	
	1 tsp	0 lb 0.07 OZ	0%	0 lb 0.07 OZ	Cumin, ground	



Combine all ingredients for falafel.



Portion falafels.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
2					Preheat oven to 425°F. Bake for 15 minutes, flip, and bake for another 10-15 minutes or until golden brown. Falafel can be held in hotel pans in hot well until ready for service.

2



Cook falafels.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
3	1/2 cup	0 lb 3.84 OZ	0%	0 lb 3.84 OZ Oil, Canola	For Tandoori Sweet Potatoes: Preheat oven to 400°F. Whisk to combine all ingredients in step 3, except sweet potatoes. Add sweet potatoes and toss to coat. Spread on lined sheet tray in a single layer.
	4 tsp	0 lb 0.39 OZ	0%	0 lb 0.39 OZ Salt, Kosher	
	4 tsp	0 lb 0.32 OZ	0%	0 lb 0.32 OZ Paprika, ground	
	4 tsp	0 lb 0.21 OZ	0%	0 lb 0.21 OZ Garam Masala, powder	
	2 tsp	0 lb 0.14 OZ	0%	0 lb 0.14 OZ Cumin, ground	
	2 tsp	0 lb 0.18 OZ	0%	0 lb 0.18 OZ Turmeric, ground	
	2 tsp	0 lb 0.23 OZ	0%	0 lb 0.23 OZ Garlic, powder	
	6 cup	1 lb 12.20 OZ	25%	2 lb 5.60 OZ Sweet Potato, peeled, medium diced	



Toss sweet potato and spices.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4					Bake for 40 minutes, until crispy. Tandoori Sweet Potatoes can be held in hotel pans in hot well until ready for service.

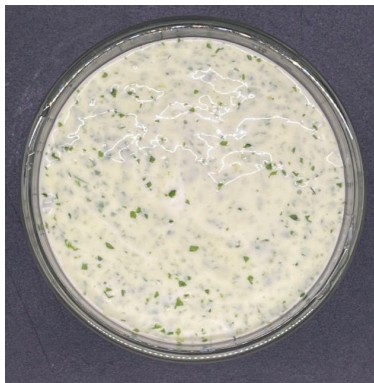


Baked tandoori sweet potatoes.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
5	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 5, except cilantro, in a blender and process until smooth. Add Cilantro and pulse until flaked throughout. Crema can be stored in a sealed container in cooler until ready for service.
	4 1/2 tsp	0 lb 0.78 oz	58%	0 lb 1.84 Limes, juice oz	
	1 1/2 tsp	0 lb 0.25 oz	0%	0 lb 0.25 Vinegar, Apple Cider oz	
	3/4 tsp	0 lb 0.09 oz	0%	0 lb 0.09 Garlic, powder oz	
	1/4 tsp	0 lb 0.02 oz	0%	0 lb 0.02 Salt, Kosher oz	
	6 tbsp	0 lb 1.26 oz	54%	0 lb 2.72 Cilantro, fresh, oz leaves	



Blend crema ingredients.



Cilantro lime crema.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	1 cup	0 lb 8.00 oz	0%	0 lb 8.00 oz	Vinegar, Apple Cider	For Pickled Veggies: In a pot, bring vinegar, water, sugar and salt to a boil for 5 minutes, or until sugar dissolves. Add all other ingredients from step 6 to a heat-proof container and pour liquid over. Let cool 10-15 minutes, follow proper cooling procedures and then store in sealed container in cooler at least 30 minutes. Can be stored in cooler until ready for service. Strain before use.
	1/2 cup	0 lb 4.00 oz	0%	0 lb 4.00 oz	Water	
	1 tbsp	0 lb 0.44 oz	0%	0 lb 0.44 oz	Sugar, White, granulated	
	1 tbsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, Kosher	
	1 1/2 cup	0 lb 7.50 oz	5%	0 lb 7.89 oz	Cucumber, with peel, chopped	
	3/4 cup	0 lb 2.92 oz	19%	0 lb 3.60 oz	Carrots, peeled, large dice	
	6 tbsp	0 lb 1.59 oz	19%	0 lb 1.96 oz	Pepper, Bell, Red, large dice	
	6 tbsp	0 lb 1.50 oz	0%	0 lb 1.50 oz	Onions, Red, large dice	



Pickled Veggies.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	6 cup	2 lb 1.00 OZ	0%	2 lb 1.00 OZ	Quinoa, cooked	For Service: Portion 1/2 cup quinoa in a bowl. Top with 1/4 cup sweet potatoes, 2 falafel, 1/4 cup strained pickled veggies, and 1 tablespoon mango chutney. Drizzle with 1 tablespoon cilantro crema.
	~ 1 cup	0 lb 8.47 OZ	0%	0 lb 8.47 OZ	Chutney, Mango	

RECIPE IMAGES



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ALLERGENS

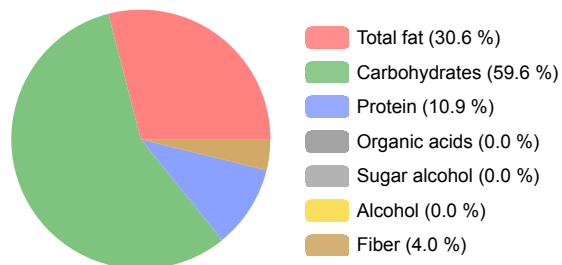
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NUTRITION INFORMATION

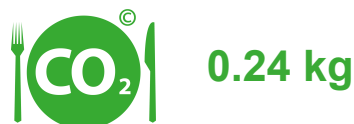
per portion

Energy nutritives			Calories	RDI	Minerals		RDI	
		RDI	% of energy					
			679.59 kcal	34 %	Salt	2.51 g		
			2,843.42 kJ		Salt	0.69 %		
Total fat	23.48 g	30 %			Sodium	1,026.55 mg	45 %	Vitamins
Saturated	2.11 g	11 %	2.75 %		Phosphorus	503.99 mg	40 %	Vitamin A
Monounsaturated	10.77 g		14.01 %		Potassium	1,080.79 mg	23 %	Vitamin D
Polyunsaturated	8.98 g		11.68 %		Iron	6.55 mg	36 %	Thiamine
Trans fatty acids	0.08 g		0.10 %		Calcium	117.28 mg	9 %	Riboflavin
Cholesterol	0.00 mg	0 %			Zinc	3.34 mg	30 %	Niacin
Linolenic acid	7.15 g		9.30 %		Magnesium	216.96 mg	52 %	Vitamin B6
Alpha-linolenic acid	1,249.46 mg		1.63 %		Iodine	0.00 µg	0 %	Vitamin B12
Total Carbohydrate	99.77 g	36 %	59.65 %		Selenium	9.52 µg	17 %	Folate
Sugars total	11.63 g	23 %			Copper	0.78 mg	87 %	Vitamin C
Added sugar	0.00 g	0 %	0.00 %					Vitamin E
Lactose	0.00 g							Vitamin K
Fiber	14.37 g	51 %	4.04 %					
Organic acids	0.00 g		0.00 %					
Sugar alcohol	0.00 g		0.00 %					
Starch	49.38 g		29.53 %					
Protein	18.24 g	36 %	10.91 %					Others
Alcohol	0.00 g		0.00 %					Water
								210.13 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.