

# Nacho Cheez

Recipe group  
Sauces, Mexican

Additional name  
K12

Diet factors  
VG, GF, NF, SF

Portions Portion size  
12 5.60 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>1</b>	6 1/2 cup	2 lb 0.64 oz	22%	2 lb 9.79 oz	Potato, Russet, medium dice <i>Peeled</i>	In a large pot, add all ingredients in step 1 and fill to cover with at least 2 inches of water (unlisted). Boil for 20 minutes or until tender. Drain and reserve cooking liquid.
	6 cup	1 lb 8.00 oz	19%	1 lb 13.52 oz	Carrots, peeled, medium dice	



*Potatoes and Carrots in Water*



*Draining Cooked Potatoes and Carrots*



*Reserved Cooking Liquid*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>2</b>	1/2 cup	0 lb 3.84 oz	0%	0 lb 3.84 oz	Oil, Canola	In batches, using a Robot Coup, large food processor, or blender, add potatoes, carrots, and all ingredients in step 2. Process mixture until smooth. If too thick add reserved cooking liquid to mixture 2 Tablespoons at a time to thin it out. Hold hot for service.
	7 tbsp	0 lb 3.50 oz	0%	0 lb 3.50 oz	Water	
					<i>Use Reserved Cooking Liquid</i>	
	5 tsp	0 lb 0.86 oz	59%	0 lb 2.09 oz	Lemons, juice	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Salt, Kosher	
	1 1/2 tsp	0 lb 0.12 oz	0%	0 lb 0.12 oz	Onion, powder	
	1 1/2 tsp	0 lb 0.17 oz	0%	0 lb 0.17 oz	Garlic, powder	
	6 tbsp	0 lb 1.90 oz	0%	0 lb 1.90 oz	Yeast, Nutritional	
	3/4 tsp	0 lb 0.07 oz	0%	0 lb 0.08 oz	Pepper, Cayenne, ground	



*Ingredients in Food Processor*



*Blended Nacho Cheez*



*Nacho Cheez*

## RECIPE IMAGES



*Nacho Cheez*

## ALLERGENS

## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	4 lb 3.26 oz	0 %	4 lb 3.26 oz	0 %	4 lb 3.26 OZ
Size of portion	5.60 oz		5.60 oz		5.60 oz

## ADDITIONAL INFO

### MEMO

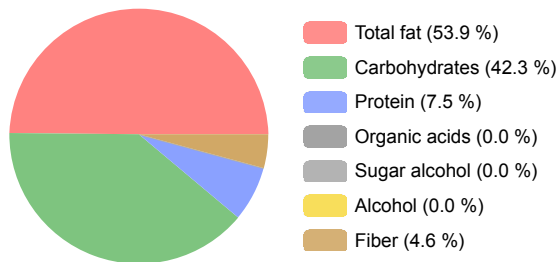
Each 1/2 cup serving provides 3/8 cup starchy vegetable and 1/4 cup red orange vegetable or a combination of 1/2 cup other vegetable.

## NUTRITION INFORMATION

per portion

				Calories		Minerals		RDI		Vitamins	
Energy nutritives		RDI	% of energy		RDI						RDI
Total fat	9.33 g	12 %	53.93 %	152.96 kcal	8 %	Salt	0.45 g				
Saturated	0.72 g	4 %	4.18 %	639.99 kJ		Salt	0.28 %			Vitamin A	477.12 µg 53 %
Monounsaturated	5.75 g		33.26 %			Sodium	180.37 mg	8 %		Vitamin D	0.00 µg 0 %
Polyunsaturated	2.67 g		15.43 %			Phosphorus	52.37 mg	4 %		Thiamine	0.06 mg 5 %
Trans fatty acids	0.04 g		0.21 %			Potassium	516.53 mg	11 %		Riboflavin	0.07 mg 5 %
Cholesterol	0.00 mg	0 %				Iron	2.72 mg	15 %		Niacin	1.37 mg 9 %
Linolenic acid	1.83 g		10.58 %			Calcium	43.68 mg	3 %		Vitamin B6	0.28 mg 16 %
Alpha-linolenic acid	829.17 mg		4.79 %			Zinc	0.70 mg	6 %		Vitamin B12	0.00 µg 0 %
Total Carbohydrate	15.91 g	6 %	42.27 %			Magnesium	25.55 mg	6 %		Folate	0.00 µg 0 %
Sugars total	2.79 g	6 %				Iodine	0.00 µg	0 %		Vitamin C	13.13 mg 15 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	0.44 µg	1 %		Vitamin E	2.02 mg 13 %
Lactose	0.00 g					Copper	0.36 mg	40 %		Vitamin K	14.11 µg 12 %
Fiber	3.65 g	13 %	4.56 %							Others	
Organic acids	0.00 g		0.00 %							Water	124.49 g
Sugar alcohol	0.00 g		0.00 %								
Starch	0.81 g		2.15 %								
Protein	2.80 g	6 %	7.45 %								
Alcohol	0.00 g		0.00 %								

## PERCENTAGE OF ENERGY



## CO2



0.01 kg

### Comparable values

Snacks	0.48 kg
Main courses	0.67 kg
Desserts	0.30 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.