

Asian tofu lentil noodle bowl

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Asian	PF Round 2	VG	12	15.21 oz

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
1	2 tbsp	0.96 oz	0%	0.96 oz Oil, Canola	For Asian Tofu Lentil Meatballs - On a flat top grill heat oil over medium-high heat. Add onions and cook for 3-5 minutes. Add garlic and cook for 1 minute. Remove from heat and reserve.
	1 cup	4.45 oz	9%	4.91 oz Onions, Yellow, small dice	
	4 tsp	0.71 oz	12%	0.80 oz Garlic, cloves, peeled, minced	



Sauting Onions and Garlic

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
2	2 cup	1 lb 1.50 oz	2%	1 lb 1.80 oz Tofu, Extra Firm, drained, pressed, cubed	In a food processor process to a puree tofu and half of listed lentils (do this in batches as needed). Place puree into a large mixing bowl. Add remaining lentils, onion mixture and remaining ingredients from step 2. Mix well.
	5 cup	2 lb 1.85 oz	0%	2 lb 1.85 oz Beans, Lentils, cooked	
	1 1/2 cup	4.50 oz	0%	4.50 oz Oats, Rolled, dry <i>Ground into flour</i>	
	1/2 cup	1.40 oz	0%	1.40 oz Crumbs, Panko Bread	
	1 tsp	0.10 oz	0%	0.10 oz Salt, Kosher	
	1/4 cup	2.35 oz	0%	2.35 oz Soy Sauce, regular	



Tofu and Lentils in Food Processor



Mixture Pureed



Mixing Meatball Ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/2 cup	4.90 oz	0%	4.90 oz	Sauce, Hoisin	Preheat oven to 350°F. Portion mixture into 1.5 ounce balls. Place on a parchment lined sheet pan spacing an 1/2 inch between each ball (use multiple sheet pans as needed). Bake in oven for 15 minutes and then rotate pan. Bake again for another 15 minutes or until balls are golden brown. Remove from oven and using a pastry brush, glaze each ball with Hoisin sauce. Hold hot for service.



*Mixed Meatballs
Portioned on Sheet pan*



*Baked Meatballs glazed
with Hoisin Sauce*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	3 cup	1 lb 0.50 oz	37%	1 lb 10.27 oz	Broccoli, fresh, florets	For Broccoli - Preheat oven to 450°F. In a large mixing bowl, toss broccoli and oil together. Place on a parchment lined sheet pan and roast in oven for 10-15 minutes or until tender and slightly charred. Hold hot for service.
	1 tbsp	0.48 oz	0%	0.48 oz	Oil, Canola	



Roasted Broccoli

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	2/3 cup	6.20 oz	0%	6.20 oz	Soy Sauce, regular	For Sauce - In a mixing bowl combine all ingredients in step 5 and whisk well until sugar is fully dissolved. Hold for service.
	2/3 cup	5.28 oz	0%	5.28 oz	Water	
	1/2 cup	4.15 oz	58%	9.79 oz	Limes, juice	
	1/4 cup	1.77 oz	0%	1.78 oz	Sugar, White, granulated	
	2 1/2 tsp	0.44 oz	12%	0.50 oz	Garlic, cloves, peeled, minced	
	1/2 tsp	0.04 oz	0%	0.04 oz	Red Pepper Flakes	



Sauce for Noodles

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	6 tbsp	0.78 oz	54%	1.68 oz	Cilantro, fresh, chopped	To plate - In a mixing bowl, combine cilantro, mint, and kimchi together. In a 1/2 hotel pan or large mixing bowl, toss noodles in sauce to coat and hold for service. Remove 4 ounces of noodles, allowing them to drain slightly and place in bottom of serving bowl. Add three meatballs to top side of bowl. Place 1 ounce of kimchi mixture in center of bowl. On bottom side of bowl add 1 ounce of roasted broccoli. Add 1 ounce of sliced red bell pepper to right side of bowl. Garnish meatballs with 1/4 teaspoon of sesame seeds.
	6 tbsp	0.66 oz	58%	1.58 oz	Mint, fresh, chopped	
	2 1/2 cup	13.23 oz	0%	13.23 oz	Vegan Kimchi <i>Chopped</i>	
	7 3/4 cup	3 lb 1.60 oz	0%	3 lb 1.60 oz	Noodles, Rice, Cooked	
	3 3/4 cup	12.37 oz	16%	14.66 oz	Pepper, Bell, Red, sliced	
	1 tbsp	0.33 oz	0%	0.33 oz	Sesame Seeds, White	



Cilantro Mint and Kimchi Mixed



*Seasoned Noodles with
Broccoli and Peppe*



Completed Bowl

RECIPE IMAGES



Asian Tofu Lentil Noodle Bowl

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NUTRITION INFORMATION

per portion

Energy nutritives		% of energy	Calories	Minerals			
Total fat	8.00 g	9.88 %	715.93 kcal 2,995.43 kJ	Salt	4.68 g		
Saturated	0.96 g	1.19 %		Salt	1.08 %		Vitamins
Monounsaturated	3.22 g	3.97 %	Sodium	1,864.17 mg		Vitamin A	59.08 µg
Polyunsaturated	3.17 g	3.91 %	Phosphorus	362.45 mg		Vitamin D	0.00 µg
Trans fatty acids	0.01 g	0.02 %	Potassium	808.78 mg		Thiamine	0.53 mg
Cholesterol	0.35 mg		Iron	9.94 mg		Riboflavin	0.31 mg
Linolenic acid	2.54 g	3.13 %	Calcium	260.14 mg		Niacin	3.20 mg
Alpha-linolenic acid	310.84 mg	0.38 %	Zinc	2.83 mg		Vitamin B6	0.55 mg
Total Carbohydrate	145.68 g	82.68 %	Chloride	0.00 mg		Vitamin B12	0.01 µg
Sugars total	12.31 g		Chromium	0.00 µg		Folate	2.71 µg
Added sugar	0.00 g	0.00 %	Fluoride	0.00 mg		Biotin	0.00 µg
Lactose	0.00 g		Magnesium	98.10 mg		Choline	0.00 mg
Fiber	11.29 g	3.02 %	Molybdenum	0.00 µg		Pantothenic Acid	0.00 mg
Organic acids	0.00 g	0.00 %	Iodine	0.00 µg		Vitamin C	80.30 mg
Sugar alcohol	0.00 g	0.00 %	Selenium	18.50 µg		Vitamin E	1.47 mg
Starch	1.97 g	1.12 %	Copper	0.56 mg		Vitamin K	26.05 µg
Protein	17.14 g	9.73 %					
Alcohol	0.00 g	0.00 %					
						Others	
						Water	253.51 g

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.