

Chapli pinto burger with masala fries

Recipe group Entree, Indian	Additional name PF Round 3	Diet factors VG, NF, SF	Portions 12	Portion size 16.95 oz
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	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
1	1/4 cup	0.92 oz	0%	0.92 oz Flax seed, brown, ground	For Chapli Patty: In a small mixing bowl combine flaxseed and water. Allow to sit for at least 5 minutes.
	3/4 cup	6 oz	0%	6 oz Water	



Water and flax seed



Flaxseed mixture after 5 minutes

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
2	2 tbsp	0.96 oz	0%	0.96 oz Oil, Canola	In a skillet heat oil over medium-high heat. Add onions and jalapenos and cook until softened, about 3-5 minutes. Add remaining ingredients in step 2, cook until fragrant, about 1 minute. Remove from heat and allow to cool.
	2 cup	8.90 oz	9%	9.82 oz Onions, Yellow, small dice	
	1/4 cup	0.94 oz	6%	1 oz Peppers, Jalapeño, fresh, chopped	
	2 tbsp	1.06 oz	12%	1.20 oz Garlic, cloves, peeled, minced	
	2 tbsp	0.42 oz	0%	0.42 oz Curry Powder, mild	
	1 tbsp	0.16 oz	0%	0.16 oz Garam Masala, powder	



Onions and jalapenos in pan



Garlic and spices added



Onion mixture, done

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	8 cup	3 lb	0%	3 lb	Beans, Pinto, canned, drained, rinsed	To a food processor add flax seed, onion mixture, and all ingredients in step 3 and pulse to combine. Be sure not to overmix, mixture should be crumbly. Portion into 4oz patties and hold in freezer for 30 minutes. Remove and cook as directed or hold in cooler until service.
	1/2 cup	1.04 oz	54%	2.24 oz	Cilantro, fresh, chopped	
	1 tbsp	0.29 oz	0%	0.29 oz	Salt, Kosher	
	1 tbsp	0.25 oz	0%	0.25 oz	Pepper, Black, table grind	
	2 cup	5.60 oz	0%	5.60 oz	Crumbs, Panko Bread	



Ingredients in food processor



Mixture combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1 1/2 cup	11.85 oz	0%	11.85 oz	Vegan Mayonnaise	For Mint and Cumin Mayonnaise: In a mixing bowl, combine all ingredients in step 4. Cover and reserve in cooler until needed.
	1/3 cup	0.58 oz	58%	1.39 oz	Mint, fresh, chopped	
	1/3 cup	0.66 oz	17%	0.80 oz	Onions, Green, sliced thinly on bias	
	1/4 cup	2.12 oz	12%	2.40 oz	Garlic, cloves, peeled, minced	
	1 tbsp	0.21 oz	0%	0.21 oz	Cumin, ground	
	1 1/2 tsp	0.15 oz	0%	0.15 oz	Salt, Kosher	
	3 tbsp	1.56 oz	58%	3.67 oz	Limes, juice	



Ingredients in bowl



Mint & cumin mayo combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	3/4 cup	5.76 oz	0%	5.76 oz	Oil, Canola	On a flat top or skillet on medium-high heat, add oil, and sear patty for 3-5 minutes on each side until patty is caramelized. Hold hot for service.

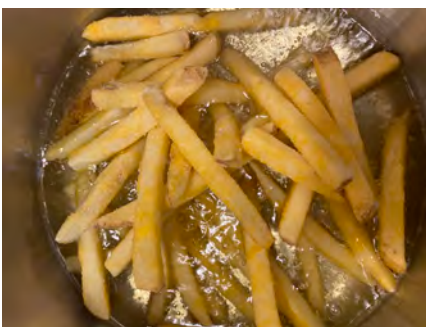


Formed patties searing off in pan



Patties, cooked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	12 cup	2 lb 14.56 oz	22%	3 lb 11.62 oz	Potato, french fry, regular cut, frozen	For Masala Fries: Preheat fryer to 350°F. Fry fries for 5-7 minutes or until golden brown. In a small bowl, mix salt and garam masala until combined. Toss mixture with fries, hold hot for service.
	2 tbsp	0.32 oz	0%	0.32 oz	Garam Masala, powder	
	2 1/2 tsp	0.24 oz	0%	0.24 oz	Salt, Kosher	



Fries cooking in oil



Fries tossed with salt and garam masala



Garam masala & salt combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	12 ea	1 lb 5 oz	0%	1 lb 5 oz	Buns, Hamburger, White, sliced	Assembly: Spread 1 tablespoon of mint & cumin mayo on each side of bun. Layer 1/2 cup spring mix, 1 tomato slice, chapli patty, 1 tablespoon mango chutney, 2 slices of red onion, and 3 pickle chips. Top with bun and serve with 1 cup of masala fries.
	3/4 cup	8.35 oz	0%	8.35 oz	Chutney, Mango	
	6 cup	8.40 oz	2%	8.55 oz	Lettuce, Spring Mix	
	12 ea	8.40 oz	6%	8.96 oz	Tomatoes, 1/4" slice, each	
	1 1/2 cup	4.50 oz	9%	4.97 oz	Onions, Red, sliced	
	1 1/2 cup	8.21 oz	0%	8.21 oz	Pickle, Dill, sliced	



Assembly of chapli burger



Onions and pickles added



Final- Chapli Burger w Masala Fries

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NUTRITION INFORMATION

per portion

Energy nutritives		% of energy	Calories	Minerals		
Total fat	35.49 g	36.23 %	866.13 kcal 3,623.88 kJ	Salt	4.58 g	
Saturated	3.75 g	3.83 %		Salt	0.95 %	
Monounsaturated	14.48 g	14.78 %	Sodium	1,830.79 mg	Vitamins	
Polyunsaturated	13.01 g	13.29 %	Phosphorus	356.38 mg	Vitamin A	130.49 µg
Trans fatty acids	0.12 g	0.12 %	Potassium	1,658.38 mg	Vitamin D	0.00 µg
Cholesterol	0.00 mg		Iron	7.71 mg	Thiamine	0.95 mg
Linolenic acid	9.83 g	10.04 %	Calcium	251.19 mg	Riboflavin	0.45 mg
Alpha-linolenic acid	1,793.90 mg	1.83 %	Zinc	2.34 mg	Niacin	6.65 mg
Total Carbohydrate	116.23 g	54.52 %	Chloride	0.00 mg	Vitamin B6	0.78 mg
Sugars total	13.54 g		Chromium	0.00 µg	Vitamin B12	0.15 µg
Added sugar	0.00 g	0.00 %	Fluoride	0.00 mg	Folate	38.03 µg
Lactose	0.00 g		Magnesium	148.74 mg	Biotin	0.00 µg
Fiber	13.69 g	3.02 %	Molybdenum	0.00 µg	Choline	0.00 mg
Organic acids	0.00 g	0.00 %	Iodine	0.00 µg	Pantothenic Acid	0.00 mg
Sugar alcohol	0.00 g	0.00 %	Selenium	24.40 µg	Vitamin C	28.37 mg
Starch	51.62 g	24.22 %	Copper	0.47 mg	Vitamin E	5.08 mg
Protein	24.21 g	11.36 %			Vitamin K	81.97 µg
Alcohol	0.00 g	0.00 %				
					Others	
					Water	295.96 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.