

Crispy Tuscan bean falafel wrap

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mediterranean	PF Round 3	VG, NF, SF	12	18.37 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	8 cup	4 lb 8 oz	0%	4 lb 8 oz	Beans, Cannellini, canned, drained, rinsed	For falafel: In a food processor, add all ingredients in step 1. Pulse to combine. Do not overmix to a paste. Portion into 2oz balls. Place falafel in freezer for at least 30 minutes before cooking. Remove and cook as directed, or store in cooler or freezer for future use.
	1 cup	3.50 oz	0%	3.50 oz	Bread Crumbs, dry, plain	
	1/2 cup	2.23 oz	9%	2.46 oz	Onions, White, small diced	
	3 tbsp	0.36 oz	0%	0.36 oz	Seasoning, Italian	
	2 tbsp	0.96 oz	0%	0.96 oz	Oil, Canola	
	1 tbsp	0.58 oz	0%	0.58 oz	Tomato Paste, canned	
	1 tbsp	0.21 oz	0%	0.21 oz	Lemons, zest	
	2 tsp	0.35 oz	12%	0.40 oz	Garlic, cloves, peeled, minced	
	1 1/2 tsp	0.15 oz	0%	0.14 oz	Salt, Kosher	
	1 1/2 tsp	0.10 oz	0%	0.10 oz	Fennel Seeds, whole	
	3/4 tsp	0.06 oz	0%	0.06 oz	Red Pepper Flakes	



Ingredients in food processor



Falafel mixture, processed



Mixture formed into 2oz balls

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 cup	6.72 oz	54%	14.48 oz	Cilantro, fresh, leaves	For cilantro mint chutney: To a blender, add all ingredients in step 2 and process until smooth. Cover and place in cooler until use.
	2 cup	3.44 oz	58%	8.23 oz	Mint, fresh, whole leaf	
	1 cup	8 oz	0%	8 oz	Water	
	1/4 cup	0.96 oz	0%	0.96 oz	Ginger, fresh, sliced	
	2 tbsp	0.47 oz	13%	0.55 oz	Peppers, Serrano, chopped	
	2 tsp	0.14 oz	0%	0.14 oz	Cumin, ground	
	2 tsp	0.35 oz	59%	0.84 oz	Lemons, juice	
	1 tsp	0.10 oz	0%	0.10 oz	Salt, Kosher	



Ingredients in blender



Chutney, processed



Cilantro mint chutney, done

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/4 cup	1.92 oz	0%	1.92 oz	Oil, Canola	In a skillet or flat top heat oil over medium-high heat. Once oil is up to heat, sear off falafel for 2-3 minutes on each side until browned and slightly crispy. Remove falafel and allow any excess oil to drain off. Hold hot for service.



Falafel in skillet



Falafel searing



Falafel, seared

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
4	12 cup	2 lb 14.56 oz	22%	3 lb 11.62 oz		Potato, french fry, regular cut, frozen	For fries: Preheat fryer to 350°F and fry fries for 5-7 minutes or until golden brown. Drain and toss with salt. Hold hot for service.
	1 1/2 tsp	0.15 oz	0%	0.14 oz		Salt, Kosher	



Fries cooking



Fries tossed in salt

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
5	12 ea	1 lb 9.40 oz	0%	1 lb 9.40 oz		Pita bread, 6", each	For service: Slice pita bread in half widthwise and partially layer over each other. Add 1 cup of spring mix, place 3 falafel balls on pita, and lightly smash them. Top with 2 tablespoons of cherry tomatoes, red onions, cucumber, and pickles; and 1 tablespoon of parsley. Drizzle 2 tablespoons of cilantro mint chutney. Roll tightly, ensuring both ends are tucked-in and slice in half. Serve with 1 cup of fries.
	12 cup	1 lb 0.80 oz	2%	1 lb 1.09 oz		Lettuce, Spring Mix	
	1 1/2 cup	7.70 oz	5%	8.10 oz		Tomatoes, Cherry, small	
	1 1/2 cup	4.50 oz	9%	4.97 oz		Onions, Red, sliced	
	1 1/2 cup	7.20 oz	5%	7.58 oz		Cucumber, with peel, sliced	
	1 1/2 cup	8.21 oz	0%	8.21 oz		Pickle, Dill, sliced	
	3/4 cup	1.35 oz	60%	3.35 oz		Parsley, Italian, fresh, chopped	



*Falafel wrap topped
with ingredients*



Wrap sliced in half



*Final- Crispy Tuscan
Bean Falafel Wrap*

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NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	3.21 g		
Total fat	15.61 g	19.45 %	709.71 kcal	Salt	0.62 %	Vitamins	
Saturated	2.01 g	2.50 %	2,969.42 kJ	Sodium	1,279.52 mg	Vitamin A	244.81 µg
Monounsaturated	6.76 g	8.43 %		Phosphorus	503.99 mg	Vitamin D	0.00 µg
Polyunsaturated	4.69 g	5.85 %		Potassium	1,775.11 mg	Thiamine	1.08 mg
Trans fatty acids	0.03 g	0.03 %		Iron	9.75 mg	Riboflavin	0.47 mg
Cholesterol	0.00 mg			Calcium	278.37 mg	Niacin	6.81 mg
Linolenic acid	3.49 g	4.35 %		Zinc	3.31 mg	Vitamin B6	0.69 mg
Alpha-linolenic acid	867.04 mg	1.08 %		Chloride	0.00 mg	Vitamin B12	0.03 µg
Total Carbohydrate	118.78 g	68.00 %		Chromium	0.00 µg	Folate	56.58 µg
Sugars total	4.14 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	188.85 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	24.35 g	6.56 %		Iodine	0.00 µg	Vitamin C	29.64 mg
Organic acids	0.00 g	0.00 %		Selenium	21.76 µg	Vitamin E	2.55 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.61 mg	Vitamin K	173.39 µg
Starch	30.60 g	17.52 %					
Protein	26.93 g	15.42 %					
Alcohol	0.00 g	0.00 %					
						Others	
						Water	350.59 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.