

Nacho cheez (K12)

Recipe group	Additional name	Diet factors	Portions	Portion size
Sauces, Mexican	K12	VG, GF, NF, SF	12	2.99 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 cup	15 oz	22%	1 lb 3.21 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.
	1 1/2 cup	6 oz	19%	7.38 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
2	1/2 cup	3.84 oz	0%	3.84 oz	Oil, Canola	In batches, using a 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.
	3/4 cup	6 oz	0%	6 oz	Water <i>Use Reserved Cooking Liquid</i>	
	3/4 cup	3.81 oz	0%	3.81 oz	Yeast, Nutritional	
	4 1/2 tsp	0.78 oz	59%	1.88 oz	Lemons, juice	
	1 3/4 tsp	0.17 oz	0%	0.17 oz	Salt, Kosher	
	1 tsp	0.08 oz	0%	0.08 oz	Onion, powder	
	1 tsp	0.11 oz	0%	0.11 oz	Garlic, powder	
	1/2 tsp	0.05 oz	0%	0.05 oz	Chili Powder (optional)	



Ingredients in Food Processor



Blended Nacho Cheez



Nacho Cheez

RECIPE IMAGES



Nacho Cheez

MEMO

Each ½ cup serving provides 1/4 cup starchy vegetable and 1/8 cup red/orange vegetable

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	0.43 g		
Total fat	9.17 g	72.80 %	111.41 kcal 466.12 kJ	Salt	0.51 %	Vitamins	
Saturated	0.69 g	5.48 %		Sodium	172.42 mg	Vitamin A	120.11 µg
Monounsaturated	5.75 g	45.62 %		Phosphorus	20.62 mg	Vitamin D	0.00 µg
Polyunsaturated	2.59 g	20.60 %		Potassium	207.81 mg	Thiamine	0.02 mg
Trans fatty acids	0.04 g	0.29 %		Iron	1.24 mg	Riboflavin	0.02 mg
Cholesterol	0.00 mg			Calcium	16.82 mg	Niacin	0.52 mg
Linolenic acid	1.76 g	13.99 %		Zinc	0.72 mg	Vitamin B6	0.11 mg
Alpha-linolenic acid	829.73 mg	6.59 %		Chloride	0.00 mg	Vitamin B12	0.00 µg
Total Carbohydrate	6.57 g	23.96 %		Chromium	0.00 µg	Folate	0.00 µg
Sugars total	0.75 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	10.55 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	1.38 g	2.37 %		Iodine	0.00 µg	Vitamin C	5.63 mg
Organic acids	0.00 g	0.00 %		Selenium	0.24 µg	Vitamin E	1.73 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.16 mg	Vitamin K	8.47 µg
Starch	0.20 g	0.74 %					
Protein	1.47 g	5.36 %					
Alcohol	0.00 g	0.00 %					
				Others			
				Water		57.94 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.