

Al pastor loaded fries

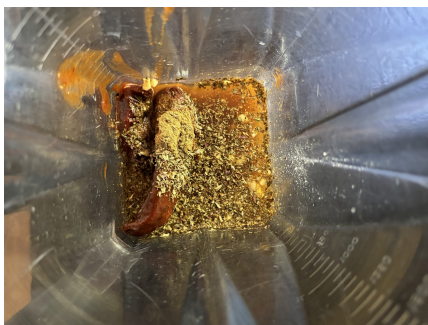
Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Comfort	K12 PF deck	VG, GF, NF	12	11.22 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	21 cup 2 lb 14.62 oz		22%	3 lb 11.69 oz	Potato, French fry, curly cut, frozen	For fries: Prepare frozen curly fries according to package instructions.



Curly fries, baked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 1/2 cup	12 oz	0%	12 oz	Oranges, juice	For al pastor: Combine all ingredients in step 2 to a blender and blend until smooth.
	1/4 cup	2.19 oz	0%	2.19 oz	Chipotle Peppers in Adobo Sauce, canned 2 each	
	6 tbsp	2.91 oz	0%	2.91 oz	Sugar, Brown	
	3 tbsp	1.50 oz	0%	1.50 oz	Vinegar, Apple Cider	
	1 tbsp	0.21 oz	0%	0.21 oz	Cumin, ground	
	1 tbsp	0.12 oz	0%	0.12 oz	Oregano, dried, whole leaves	



Ingredients in blender



Al pastor sauce, blended

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	3 tbsp	1.44 oz	0%	1.44 oz	Oil, Canola	For meat crumbles: To a large sauté pan on medium-high heat add all ingredients in step 3. Sauté crumbles for 3-5 minutes or until lightly browned. Add reserved al pastor sauce and cook until fully incorporated and browned. Hold hot for service.
	6 1/2 cup	25.22 oz	0%	25.22 oz	Vegan Meat, crumbles	



Meat crumbles in pan



Al pastor sauce added to pan



Al pastor crumbles, cooked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	3 cup	2 lb 1.60 oz	0%	2 lb 1.60 oz	Nacho Cheez	For nacho cheez: See recipe for "nacho cheez". Prepare recipe and hold hot for service.



Nacho cheez

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	1 1/2 cup	8.85 oz	0%	8.85 oz	Pineapple, tidbits, canned, in juice, drained	For service: Portion 1 3/4 cup curly fries topped with 1/2 cup al pastor meat crumbles, 1/4 cup nacho cheez sauce, and 2 tablespoons pineapple tidbits.



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RECIPE IMAGES



Al pastor loaded fries

MEMO

Substitute the orange juice with the juice from the canned pineapple to reduce waste.

Crediting: Each serving provides 2 ounces meat/meat alternate, 1 3/4 cup starchy vegetable and 1/8 cup fruit

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	1.27 g		
Total fat	15.91 g	33.19 %	423.99 kcal	Salt	0.40 %	Vitamins	
Saturated	1.57 g	3.28 %	1,774.00 kJ	Sodium	781.16 mg	Vitamin A	273.13 µg
Monounsaturated	7.17 g	14.96 %		Phosphorus	132.58 mg	Vitamin D	0.00 µg
Polyunsaturated	3.99 g	8.31 %		Potassium	1,540.81 mg	Thiamine	0.23 mg
Trans fatty acids	0.03 g	0.06 %		Iron	5.00 mg	Riboflavin	0.08 mg
Cholesterol	0.00 mg			Calcium	118.88 mg	Niacin	3.23 mg
Linolenic acid	2.99 g	6.24 %		Zinc	0.81 mg	Vitamin B6	0.47 mg
Alpha-linolenic acid	972.45 mg	2.03 %		Chloride	0.00 mg	Vitamin B12	0.00 µg
Total Carbohydrate	56.89 g	54.52 %		Chromium	0.00 µg	Folate	0.00 µg
Sugars total	14.03 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	49.54 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	4.60 g	2.07 %		Iodine	0.00 µg	Vitamin C	35.73 mg
Organic acids	0.00 g	0.00 %		Selenium	0.91 µg	Vitamin E	2.15 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.33 mg	Vitamin K	20.04 µg
Starch	25.96 g	24.87 %					
Protein	19.20 g	18.40 %					
Alcohol	0.00 g	0.00 %					
						Others	
						Water	183.92 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.