

Bibimbap bowl with gochujang tofu

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Asian		VG, GF, NF	12	18.85 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 cup	3 lb 5.34 oz	2%	3 lb 6.26 oz	Tofu, Extra Firm, cubed	For gochujang tofu: Preheat oven to 400°F. In a large mixing bowl, combine all ingredients in step 1, except tofu. Once combined, add tofu and toss to coat. Transfer tofu to a lined baking sheet and bake for 15 minutes, flipping halfway or until golden brown. Remove tofu and hold hot for service.
	3/4 cup	13.55 oz	0%	13.55 oz	Sauce, Gochujang	
	3/4 cup	5.32 oz	0%	5.33 oz	Sugar, White, granulated	
	3/4 cup	7.05 oz	0%	7.05 oz	Soy Sauce, regular	
	1/4 cup	2 oz	0%	2 oz	Oil, Sesame	
	1 tbsp	0.52 oz	0%	0.52 oz	Vinegar, Rice Wine	



Gochujang marinade



Tofu tossed in marinade



Tofu, baked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 tbsp	0.96 oz	0%	0.96 oz	Oil, Canola	For garlic mushrooms: To a skillet on medium-high heat add oil. Once oil is up to heat, add mushrooms, salt, pepper, and sauté for 5-7 minutes or until mushrooms are golden brown. Add garlic to skillet and cook for an additional minute or until fragrant. Hold hot for service.
	10 1/2 cup	1 lb 7.10 oz	26%	1 lb 15.09 oz	Mushrooms, Crimini, sliced	
	1 tbsp	0.53 oz	12%	0.60 oz	Garlic, cloves, peeled, minced	
	1/2 tsp	0.05 oz	0%	0.05 oz	Salt, Kosher	
	1/2 tsp	0.04 oz	0%	0.04 oz	Pepper, Black, ground	



*Mushrooms, salt, pepper,
and garlic in skillet*



Garlic mushrooms, done

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	6 pt	3 lb 6.60 oz	0%	3 lb 6.60 oz	Rice, Jasmine, cooked	For service: Place 1 of cup rice in center of bowl. Surrounding rice, add 1/2 cup of carrots, cabbage, spinach, and 1/4 cup of radish. Garnish with 1 tablespoon of cilantro and 1/2 teaspoon of sesame seeds. Optional- drizzle 1 teaspoon of sriracha and serve.
	6 cup	1 lb 7.40 oz	19%	1 lb 12.78 oz	Carrots, peeled, shredded	
	6 cup	1 lb 3.80 oz	20%	1 lb 8.75 oz	Cabbage, Red, shredded	
	6 cup	4.08 oz	1%	4.12 oz	Spinach, Baby, stemmed, bagged	
	3 cup	12.30 oz	0%	12.30 oz	Radish, Red, sliced	
	3/4 cup	2.52 oz	54%	5.43 oz	Cilantro, fresh, leaves	
	2 tbsp	0.67 oz	0%	0.67 oz	Sesame Seeds, White	
	1/4 cup	2.40 oz	0%	2.40 oz	Sauce, Sriracha <i>*optional</i>	



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ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	14 lb 2.22 oz	0.00 %	14 lb 2.22 oz	0.00 %	14 lb 2.22 oz
Size of portion	18.85 oz		18.85 oz		18.85 oz

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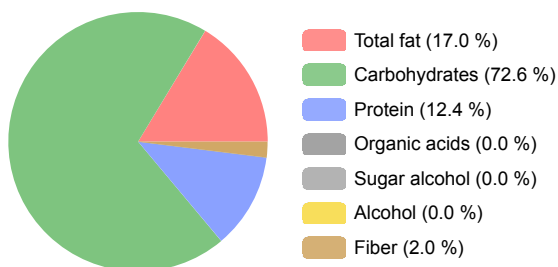
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories		Minerals		RDI		Vitamins		RDI	
		RDI	% of energy										
Total fat	15.05 g	19 %	17.00 %	782.88 kcal	39 %	Salt	3.49 g			Vitamin A	536.55 µg	60 %	
Saturated	2.02 g	10 %	2.29 %	3,275.58 kJ		Salt	0.65 %			Vitamin D	0.05 µg	0 %	
Monounsaturated	5.25 g		5.93 %			Sodium	1,677.84 mg	73 %		Thiamine	0.50 mg	42 %	
Polyunsaturated	6.80 g		7.68 %			Phosphorus	354.43 mg	28 %		Riboflavin	0.54 mg	42 %	
Trans fatty acids	0.01 g		0.01 %			Potassium	1,011.81 mg	22 %		Niacin	6.58 mg	41 %	
Cholesterol	0.00 mg	0 %				Iron	10.30 mg	57 %		Vitamin B6	0.52 mg	31 %	
Linolenic acid	6.10 g		6.89 %			Calcium	544.84 mg	42 %		Vitamin B12	0.05 µg	2 %	
Alpha-linolenic acid	207.37 mg		0.23 %			Zinc	3.73 mg	34 %		Folate	0.00 µg	0 %	
Total Carbohydrate	139.92 g	51 %	72.62 %			Chloride	0.00 mg	0 %		Biotin	0.00 µg	0 %	
Sugars total	23.16 g	46 %				Chromium	0.00 µg	0 %		Choline	0.00 mg	0 %	
Added sugar	0.00 g	0 %	0.00 %			Fluoride	0.00 mg			Pantothenic Acid	0.00 mg	0 %	
Lactose	0.00 g					Magnesium	108.43 mg	26 %		Vitamin C	31.04 mg	34 %	
Fiber	8.39 g	30 %	2.05 %			Molybdenum	0.00 µg	0 %		Vitamin E	1.54 mg	10 %	
Organic acids	0.00 g		0.00 %			Iodine	0.00 µg	0 %		Vitamin K	114.30 µg	95 %	
Sugar alcohol	0.00 g		0.00 %			Selenium	46.36 µg	84 %					
Starch	0.79 g		0.41 %			Copper	0.89 mg	99 %					
Protein	23.91 g	48 %	12.41 %										
Alcohol	0.00 g		0.00 %										
Others													
Water												320.44 g	

PERCENTAGE OF ENERGY



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.