

Black bean teriyaki burger

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, American	PF K-12	VG	12	11.17 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 cup	3 lb 2.82 oz	0%	3 lb 2.82 oz	Beans, Black, canned, drained, rinsed	For Black Bean Patties - Place beans in to a food processor and pulse to break up but do not process into a paste.



beans in food processor



Processed Beans

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 cup	8.61 oz	0%	8.61 oz	Sauce, Teriyaki	In a large mixing bowl combine processed beans with all ingredients in step 2. Mix well, making sure breadcrumbs are fully moist and no dry spots in mixture.
	1 1/2 cup	4.20 oz	0%	4.20 oz	Crumbs, Panko Bread	
	1/2 cup	2.30 oz	0%	2.30 oz	Flour, All-Purpose	
	4 tsp	0.31 oz	0%	0.31 oz	Onion, powder	
	1/2 tsp	0.06 oz	0%	0.06 oz	Garlic, powder	
	1 tsp	0.10 oz	0%	0.10 oz	Salt, Kosher	
	1 tsp	0.08 oz	0%	0.08 oz	Pepper, Black, ground	



Black Bean Patty Ingredients



Patty Mixture Mixed Thoroughly

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3						Measure 4 ounces and press into patties. Place on parchment lined sheet pan, stack in layers if needed with parchment paper between each patty. Cover and hold in cooler for at least 30 minutes.



Forming Patty

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	9 1/4 cup	1 lb 2.41 oz	1%	1 lb 2.52 oz	Cabbage, Coleslaw Mix	For Slaw - In a large mixing bowl combine all ingredients in step 3 and mix well. Cover and hold in cooler until service.
	1 cup	3 oz	9%	3.31 oz	Onions, Red, sliced	
	1 1/2 cup	3.12 oz	54%	6.72 oz	Cilantro, fresh, chopped	
	1/2 tsp	0.05 oz	0%	0.05 oz	Salt, Kosher	
	2 tsp	0.33 oz	0%	0.33 oz	Oil, Sesame	



Slaw Ingredients



Slaw Mixed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	2 1/4 cup	1 lb 1.32 oz	0%	1 lb 1.33 oz	Pineapple, canned, crushed with juice 12 <i>Rings Total</i>	For Pineapple - Using a bar grill over medium-high heat add pineapple rings. Grill pineapple for about 3-5 minutes or until marks appear then flip. Continue grilling for another 3-5 minutes until marks appear on second side and pineapple is heated through. Hold hot for service.



Grilling Pineapple

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	1/2 cup	4.30 oz	0%	4.30 oz	Sauce, Teriyaki	To Cook Patties - Preheat oven to 350°F. In a pot heat sauce over medium heat until it comes to a boil. Reduce heat and hold hot. Place patties on a parchment lined sheet pan and brush with teriyaki sauce. Bake in oven for 15 minutes, flip and continue baking for another 10-15 minutes or until internal temperature is 165°F. Remove pan from oven and brush patties with sauce again, then place into hotel pans and hold hot for service.



*Placing Burgers with
Sauce into Oven*



Baked Patty with Sauce

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
7	12 ea	1 lb 5 oz	0%	1 lb 5 oz	Buns, Hamburger, Wheat, sliced	To plate - Place bottom bun on plate. Add patty to bun. Add pineapple ring to top of patty. Add 4 ounces slaw mixture. Add top half of bun.



*Plating Burger on
Bun with Pineapple*



Adding Slaw and Top Bun

RECIPE IMAGES



Black Bean Teriyaki Burger

MEMO

Crediting: 2 ounces meat/meat alternate, 2 ounces grain equivalents, 3/4 cup other vegetable and 1/8 cup fruit.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	2.86 g		
Total fat	4.07 g	9.50 %	378.21 kcal	Salt	0.90 %	Vitamins	
Saturated	0.81 g	1.90 %	1,582.45 kJ	Sodium	1,137.86 mg	Vitamin A	44.69 µg
Monounsaturated	0.84 g	1.98 %		Phosphorus	327.78 mg	Vitamin D	0.00 µg
Polyunsaturated	1.65 g	3.87 %		Potassium	800.69 mg	Thiamine	0.57 mg
Trans fatty acids	0.01 g	0.02 %		Iron	5.10 mg	Riboflavin	0.34 mg
Cholesterol	0.00 mg			Calcium	203.40 mg	Niacin	4.44 mg
Linolenic acid	1.44 g	3.37 %		Zinc	1.91 mg	Vitamin B6	0.31 mg
Alpha-linolenic acid	83.76 mg	0.20 %		Chloride	0.00 mg	Vitamin B12	0.13 µg
Total Carbohydrate	68.69 g	73.79 %		Chromium	0.00 µg	Folate	8.14 µg
Sugars total	14.48 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	122.40 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	13.76 g	6.96 %		Iodine	0.00 µg	Vitamin C	32.64 mg
Organic acids	0.00 g	0.00 %		Selenium	23.27 µg	Vitamin E	1.16 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.48 mg	Vitamin K	29.11 µg
Starch	20.07 g	21.56 %					
Protein	18.13 g	19.47 %					
Alcohol	0.00 g	0.00 %					
				Others			
				Water		218.78 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.