

Breakfast sopes

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast	K12 PF deck	VG, GF, NF	12	7.88 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 1/2 cup	15.75 oz	0%	15.75 oz	Masa Harina	For sope: To a mixing bowl, combine all ingredients in step 1. Portion with #12 green scoop onto parchment lined sheet pan.
	3 1/4 cup	1 lb 10 oz	0%	1 lb 10 oz	Water	
	2 tbsp	0.96 oz	0%	0.96 oz	Oil, Canola	
	4 1/2 tsp	0.44 oz	0%	0.44 oz	Salt, Kosher	
	2 1/4 tsp	0.32 oz	0%	0.32 oz	Baking Powder	



Portioned sope dough

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2						Shape raw dough on sheet pan using the back of measuring cup, create a 3 inch divot in dough. Preheat oven to 400°F. Bake for 15 minutes.



Shaping sope shell



Shaped sope

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	3 3/4 cup	2 lb 1 oz	2%	2 lb 1.57 oz	Tofu, Extra Firm	For tofu scramble: In a rondo pan, sauté crumbled tofu in oil, add remaining ingredients from step 3. Do not over mix. NOTE: Alternatively, combine ingredients on greased sheet pan for tofu scramble, bake in oven.
	3 tbsp	1.44 oz	0%	1.44 oz	Oil, Canola	
	2 1/2 tsp	0.19 oz	0%	0.19 oz	Onion, powder	
	2 1/2 tsp	0.23 oz	0%	0.23 oz	Turmeric, ground	
	1 1/2 tsp	0.10 oz	0%	0.10 oz	Cumin, ground	
	1 1/2 tsp	0.12 oz	0%	0.12 oz	Pepper, Black, ground	
	1 1/2 tsp	0.17 oz	0%	0.17 oz	Garlic, powder	



Tofu scramble

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	3/4 cup	6.36 oz	0%	6.36 oz	Guacamole, premade	For service: Top sope shell with 1/4 cup of scramble and garnish with 1 tablespoon guacamole, 1 tablespoon tomato, 1/2 teaspoon cilantro and 1 jalapeno pepper ring.
	3/4 cup	6.67 oz	0%	6.67 oz	Tomatoes, medium dice	
	1/2 cup	2.27 oz	45%	4.13 oz	Peppers, Jalapeño, rings, canned, drained	
	1/4 cup	0.52 oz	54%	1.12 oz	Cilantro, fresh, chopped	

RECIPE IMAGES



Breakfast sope

MEMO

Crediting: Each serving provides 1 ounce meat/meat alternate and 2 ounce grain equivalents.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy				Vitamins	
Total fat	11.25 g	38.44 %	258.83 kcal 1,082.97 kJ	Salt	1.26 g		
Saturated	1.23 g	4.20 %		Salt	0.56 %		
Monounsaturated	4.84 g	16.53 %		Sodium	512.71 mg	Vitamin A	15.56 µg
Polyunsaturated	4.40 g	15.03 %		Phosphorus	225.79 mg	Vitamin D	0.00 µg
Trans fatty acids	0.02 g	0.08 %		Potassium	362.16 mg	Thiamine	0.63 mg
Cholesterol	0.00 mg			Iron	8.10 mg	Riboflavin	0.35 mg
Linolenic acid	3.61 g	12.33 %		Calcium	367.69 mg	Niacin	4.01 mg
Alpha-linolenic acid	518.62 mg	1.77 %		Zinc	1.42 mg	Vitamin B6	0.25 mg
Total Carbohydrate	32.72 g	51.36 %		Chloride	0.00 mg	Vitamin B12	0.00 µg
Sugars total	1.69 g			Chromium	0.00 µg	Folate	66.98 µg
Added sugar	0.00 g	0.00 %		Fluoride	0.00 mg	Biotin	0.00 µg
Lactose	0.00 g			Magnesium	64.39 mg	Choline	0.00 mg
Fiber	3.32 g	2.45 %		Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Organic acids	0.00 g	0.00 %		Iodine	0.00 µg	Vitamin C	3.24 mg
Sugar alcohol	0.00 g	0.00 %		Selenium	11.10 µg	Vitamin E	1.23 mg
Starch	24.56 g	38.55 %		Copper	0.26 mg	Vitamin K	12.22 µg
Protein	9.95 g	15.61 %					
Alcohol	0.00 g	0.00 %					
						Others	
						Water	152.00 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.