

Buffalo chickpea wrap

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, American	PF K-12	VG	12	11.44 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3/4 cup	7.20 oz	0%	7.20 oz	Sauce, Buffalo, generic	For Buffalo Sauce - In a pot over medium heat combine ingredients in step 1 and bring to a boil, then lower heat to a simmer.
	1/4 cup	2.40 oz	0%	2.40 oz	Ketchup	
	1/4 cup	1.92 oz	0%	1.92 oz	Oil, Canola	

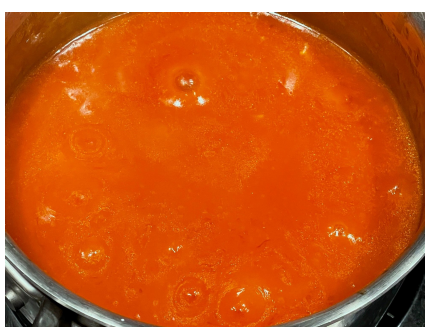


Buffalo Sauce Ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 tbsp	0.56 oz	0%	0.56 oz	Cornstarch	In a mixing bowl whisk cornstarch and water together to create a smooth paste. Slowly pour cornstarch into sauce and whisk for 1-2 minutes or until mixture can coat back of spoon. Strain and follow proper cooling procedures, then wrap and place into cooler until making Chickpea Crumbles.
	2 tbsp	1 oz	0%	1 oz	Water	



Cornstarch and Water



*Buffalo Sauce with
Cornstarch and Thickening*



Buffalo Sauce Strained

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1 1/2 cup	13.76 oz	0%	13.76 oz	Beans, Cannellini, canned, drained, rinsed	For Dressing - Using a food processor blend all ingredients in step 3 until smooth. If scaling recipe, may need to do this step in batches. Cover and place into cooler if not using immediately.
	2 tsp	0.35 oz	0%	0.35 oz	Vinegar, Distilled White	
	3 tbsp	1.56 oz	59%	3.77 oz	Lemons, juice	
	1/4 tsp	0.02 oz	0%	0.02 oz	Onion, powder	
	1/4 tsp	0.01 oz	0%	0.01 oz	Dill Weed, dried	



Dressing Ingredients



Dressing Processed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	4 cup	7.96 oz	1%	8.01 oz	Cabbage, Coleslaw Mix	For Celery Cabbage Slaw - Place ingredients in Step 4 in a large mixing bowl. Add Dressing and mix well. Wrap and place into cooler until service.
	2 cup	8 oz	31%	11.63 oz	Celery, sliced	



Slaw Ingredients



Slaw Mixed with Dressing

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
5	7 cup	2 lb 7.55 oz	0%	2 lb 7.55 oz		Beans, Garbanzo, canned, low sodium	For Crumbles - Use a food processor to break up beans into smaller pieces, but do not process into a paste. Work in batches as needed. Place beans into a large mixing bowl. Add half of buffalo sauce and remaining ingredients in step 5. Mix well, making sure breadcrumbs are fully moist and no dry spots are in mixture.
	2 cup	5.60 oz	0%	5.60 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	
	2 tsp	0.16 oz	0%	0.16 oz		Pepper, Black, ground	



Processing Chickpeas



Crumble Ingredients

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
6							Preheat oven to 350°F. Place chickpea mixture in a single layer onto parchment lined sheet pans and bake for 15 minutes. Rotate pan and use a spatula to move mixture around, and bake for another 15 minutes or until crumbles are dark golden brown. Remove from oven and toss with remaining buffalo sauce. Follow proper cooling procedures, then wrap and place into cooler until service. NOTE - if serving mixture hot, bring second half of buffalo sauce to proper temperature before adding to mixture. Hold hot for service.



Baking Crumble with Buffalo Sauce

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
7	12 ea	2 lb 0.40 oz	0%	2 lb 0.40 oz		Tortilla, Flour, whole grain, 12"	To assemble - Using a flat top grill or other method, heat tortilla to become pliable. Add 2.5 ounces of Celery Cabbage Slaw in middle of tortilla. Add 4 ounces of Chickpea Crumbles, then top with 1 ounce spinach. Fold corners in and wrap tightly. Cut in half and serve.
	11 1/2 cup	12.19 oz	34%	1 lb 2.58 oz		Spinach	



Tortilla with Slaw and Crumble



Adding Spinach

RECIPE IMAGES



Buffalo Chickpea Wrap

MEMO

Each serving provides 2 ounces meat/meat alternate, 2 ounces grain equivalents, 1/2 cup other vegetable and 1/2 cup dark green vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories		Minerals			
		% of energy						
Total fat	15.19 g	25.59 %	525.03 kcal		Salt	2.54 g		
Saturated	4.52 g	7.61 %	2,196.74 kJ		Salt	0.78 %	Vitamins	
Monounsaturated	5.80 g	9.77 %			Sodium	1,070.15 mg	Vitamin A	163.39 µg
Polyunsaturated	3.33 g	5.61 %			Phosphorus	458.71 mg	Vitamin D	0.00 µg
Trans fatty acids	0.02 g	0.03 %			Potassium	861.45 mg	Thiamine	0.92 mg
Cholesterol	0.00 mg				Iron	6.11 mg	Riboflavin	0.43 mg
Linolenic acid	2.75 g	4.62 %			Calcium	322.41 mg	Niacin	5.42 mg
Alpha-linolenic acid	415.48 mg	0.70 %			Zinc	3.00 mg	Vitamin B6	0.92 mg
Total Carbohydrate	79.61 g	61.61 %			Chloride	0.00 mg	Vitamin B12	0.05 µg
Sugars total	9.46 g				Chromium	0.00 µg	Folate	10.85 µg
Added sugar	0.00 g	0.00 %			Fluoride	0.00 mg	Biotin	0.00 µg
Lactose	0.00 g				Magnesium	152.43 mg	Choline	0.00 mg
Fiber	17.73 g	6.46 %			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Organic acids	0.00 g	0.00 %			Iodine	0.00 µg	Vitamin C	24.55 mg
Sugar alcohol	0.00 g	0.00 %			Selenium	36.59 µg	Vitamin E	3.14 mg
Starch	7.89 g	6.11 %			Copper	0.51 mg	Vitamin K	156.73 µg
Protein	19.05 g	14.74 %						
Alcohol	0.00 g	0.00 %						
							Others	
							Water	203.12 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.