

# Caribbean chickpea wrap

|                   |                 |              |          |              |
|-------------------|-----------------|--------------|----------|--------------|
| Recipe group      | Additional name | Diet factors | Portions | Portion size |
| Entree, Caribbean | K12 PF deck     | VG, NF, SF   | 12       | 10.84 oz     |

|          | Capacity measure | EP           | Trim loss | AP           | Name of ingredient                                            | Methods                                                                                                                                                                             |
|----------|------------------|--------------|-----------|--------------|---------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1</b> | 6 cup            | 2 lb 1.90 oz | 0%        | 2 lb 1.90 oz | Beans, Garbanzo, canned, low sodium <i>drained and rinsed</i> | For chickpea filling: To a large mixing bowl, add all ingredients in step 1. Lightly mash to bring the mixture together, leaving some chickpeas whole to create texture in filling. |
|          | 1 1/2 cup        | 13.02 oz     | 0%        | 13.02 oz     | Hummus, premade                                               |                                                                                                                                                                                     |
|          | 1 1/2 cup        | 5.85 oz      | 19%       | 7.20 oz      | Carrots, peeled, shredded                                     |                                                                                                                                                                                     |
|          | 3/4 cup          | 4.23 oz      | 0%        | 4.23 oz      | Onions, Yellow, chopped                                       |                                                                                                                                                                                     |
|          | 1/2 cup          | 2.55 oz      | 0%        | 2.55 oz      | Raisins                                                       |                                                                                                                                                                                     |
|          | 4 1/2 tbsp       | 2.33 oz      | 58%       | 5.51 oz      | Limes, juice                                                  |                                                                                                                                                                                     |
|          | 2 tbsp           | 0.60 oz      | 0%        | 0.60 oz      | Seasoning Mix, Jerk                                           |                                                                                                                                                                                     |
|          | 1 tbsp           | 0.44 oz      | 0%        | 0.44 oz      | Sugar, White, granulated                                      |                                                                                                                                                                                     |
|          | 1 2/3 tsp        | 0.16 oz      | 0%        | 0.16 oz      | Salt, Kosher                                                  |                                                                                                                                                                                     |



*Ingredients in bowl*



*Ingredients partially mashed*

|          | Capacity measure | EP           | Trim loss | AP           | Name of ingredient                                 | Methods                                                                                                                                                  |
|----------|------------------|--------------|-----------|--------------|----------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b> | 6 cup            | 1 lb 3.80 oz | 20%       | 1 lb 8.75 oz | Cabbage, Red, shredded                             | For service: On a 12" tortilla, portion 1/2 cup cabbage, 3/4 cup garbanzo bean mixture, and 1/4 cup defrosted and drained mango. Wrap tightly and serve. |
|          | 3 cup            | 14.82 oz     | 0%        | 14.82 oz     | Mango, frozen, chunks <i>defrosted and drained</i> |                                                                                                                                                          |
|          | 12 ea            | 2 lb 0.40 oz | 0%        | 2 lb 0.40 oz | Tortilla, Flour, whole grain, 12"                  |                                                                                                                                                          |



*Wrap chickpea salad with  
cabbage and mango*



*Caribbean chickpea wrap*

## RECIPE IMAGES



*Caribbean chickpea wrap*

## MEMO

Crediting: Each serving provides 2 1/2 ounces meat/meat alternate, 2 ounces grain equivalents, 1/2 cup other vegetable, 1/8 cup red/orange vegetable and 1/4 cup fruit.

## NUTRITION INFORMATION

per portion

| Energy nutritives         |                |                | Calories                   | Minerals   |           |                  |           |
|---------------------------|----------------|----------------|----------------------------|------------|-----------|------------------|-----------|
|                           |                | % of energy    |                            | Salt       | 2.21 g    |                  |           |
| <b>Total fat</b>          | <b>12.21 g</b> | <b>26.24 %</b> | 411.49 kcal<br>1,721.69 kJ | Salt       | 0.72 %    | Vitamins         |           |
| Saturated                 | 4.39 g         | 9.44 %         |                            | Sodium     | 882.32 mg | Vitamin A        | 137.55 µg |
| Monounsaturated           | 4.00 g         | 8.59 %         |                            | Phosphorus | 408.62 mg | Vitamin D        | 0.00 µg   |
| Polyunsaturated           | 2.63 g         | 5.64 %         |                            | Potassium  | 603.91 mg | Thiamine         | 0.76 mg   |
| Trans fatty acids         | 0.00 g         | 0.00 %         |                            | Iron       | 4.20 mg   | Riboflavin       | 0.30 mg   |
| Cholesterol               | 0.00 mg        |                |                            | Calcium    | 256.78 mg | Niacin           | 4.50 mg   |
| Linolenic acid            | 1.45 g         | 3.12 %         |                            | Zinc       | 2.76 mg   | Vitamin B6       | 0.81 mg   |
| Alpha-linolenic acid      | 0.00 mg        | 0.00 %         |                            | Chloride   | 0.00 mg   | Vitamin B12      | 0.00 µg   |
| <b>Total Carbohydrate</b> | <b>62.88 g</b> | <b>62.09 %</b> |                            | Chromium   | 0.00 µg   | Folate           | 0.00 µg   |
| Sugars total              | 12.59 g        |                |                            | Fluoride   | 0.00 mg   | Biotin           | 0.00 µg   |
| Added sugar               | 0.00 g         | 0.00 %         |                            | Magnesium  | 120.74 mg | Choline          | 0.00 mg   |
| Lactose                   | 0.00 g         |                |                            | Molybdenum | 0.00 µg   | Pantothenic Acid | 0.00 mg   |
| <b>Fiber</b>              | <b>15.37 g</b> | <b>7.14 %</b>  |                            | Iodine     | 0.00 µg   | Vitamin C        | 33.15 mg  |
| Organic acids             | 0.00 g         | 0.00 %         |                            | Selenium   | 31.15 µg  | Vitamin E        | 1.33 mg   |
| Sugar alcohol             | 0.00 g         | 0.00 %         |                            | Copper     | 0.55 mg   | Vitamin K        | 44.12 µg  |
| Starch                    | 0.20 g         | 0.20 %         |                            |            |           |                  |           |
| <b>Protein</b>            | <b>15.05 g</b> | <b>14.86 %</b> |                            |            |           |                  |           |
| <b>Alcohol</b>            | <b>0.00 g</b>  | <b>0.00 %</b>  |                            |            |           |                  |           |
|                           |                |                |                            |            |           | Others           |           |
|                           |                |                |                            |            |           | Water            | 205.00 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.