

Chickpea fattah

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mediterranean	K-12	VG, NF	12	6.76 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 ea	6.35 oz	0%	6.35 oz	Pita bread, 8", each <i>Cut into 1x1 inch squares</i>	For baked pita chips: Preheat oven to 350°F. In a large mixing bowl, toss all ingredients in step 1 until combined. Transfer pita bread to a lined baking sheet and bake for 20 minutes flipping halfway. Remove from oven and reserve until service. *Optional, use 2 ounces of premade pita chips per serving.
	3 tbsp	1.47 oz	0%	1.47 oz	Oil, Olive	
	1 1/2 tsp	0.06 oz	0%	0.06 oz	Seasoning, Italian	



Ingredients in bowl



Pita Bread on lined baking sheet



Pita bread, baked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3 cup	16.95 oz	0%	16.95 oz	Beans, Garbanzo, canned, low sodium <i>Drained & Rinsed</i>	For seasoned chickpeas: In a mixing bowl, combine all ingredients in step 2 until chickpeas are evenly coated. Transfer to a lined baking sheet and bake for 20-25 minutes, or until golden-brown, flipping halfway. Remove from oven and reserve until service.
	3 tbsp	1.47 oz	0%	1.47 oz	Oil, Olive	
	1 1/2 tsp	0.12 oz	0%	0.12 oz	Paprika, ground	
	3/4 tsp	0.05 oz	0%	0.05 oz	Cumin, ground	
	3/4 tsp	0.11 oz	0%	0.11 oz	Garlic, granulated	
	3/4 tsp	0.07 oz	0%	0.07 oz	Salt, Kosher	



Ingredients in bowl



Chickpeas on lined baking sheet



Chickpeas, baked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	6 cup	2 lb 15.83 oz	0%	2 lb 15.83 oz	Vegan Yogurt, Soy, Plain	For yogurt sauce: In a large mixing bowl, combined all ingredients in step 3. Whisk until ingredients are incorporated. Reserve in cooler until service.
	4 tbsp	2.07 oz	59%	5.02 oz	Lemons, juice	
	3 tbsp	1.69 oz	0%	1.69 oz	Sunflower Butter, unsalted	
	2 1/4 tsp	0.40 oz	12%	0.45 oz	Garlic, cloves, peeled, minced, dried	
	1 1/2 tsp	0.15 oz	0%	0.15 oz	Salt, Kosher	

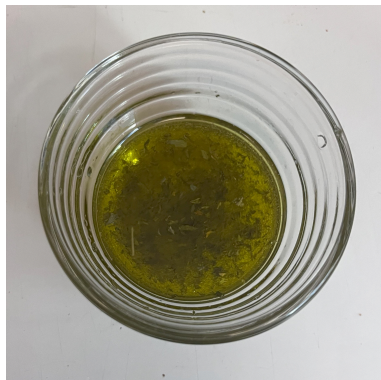


Ingredients in bowl



Yogurt sauce, done

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	3 tbsp	1.47 oz	0%	1.47 oz	Oil, Olive	*Optional, dried parsley oil: In a small mixing bowl, combine all ingredients in step 4, whisk to combine. Set aside for service.
	1 tbsp	0.05 oz	0%	0.05 oz	Parsley Flakes, dried, whole flakes	
	1 tbsp	0.52 oz	0%	0.52 oz	Vinegar, Distilled White	



Dried parsley oil

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	1 tbsp	0.24 oz	0%	0.24 oz	Paprika, ground <i>*Optional</i>	For service: To a bowl, add 1/2 cup of yogurt sauce, followed by 1/4 cup of chickpeas. Top with 1 1/2 ounces of pita chips. Drizzle 2 teaspoons of parsley oil and dust with a sprinkle of paprika.



Yogurt sauce in bowl



Topped with chickpeas and pita



Chickpea Fattah

RECIPE IMAGES



Final- Chickpea Fattah

MEMO

Each serving provides 2 ounces meat/meat alternate and 1 1/2 ounces grain equivalents.

These calculations are estimates and dependent upon the ingredients/products used. Individual calculations are always recommended.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories		Minerals			
		% of energy						
Total fat	15.74 g	50.75 %	274.22 kcal		Salt	0.87 g		
Saturated	2.01 g	6.47 %	1,147.33 kJ		Salt	0.45 %	Vitamins	
Monounsaturated	9.39 g	30.28 %			Sodium	349.06 mg	Vitamin A	21.54 µg
Polyunsaturated	2.00 g	6.45 %			Phosphorus	79.33 mg	Vitamin D	1.47 µg
Trans fatty acids	0.00 g	0.00 %			Potassium	134.37 mg	Thiamine	0.11 mg
Cholesterol	0.00 mg				Iron	1.42 mg	Riboflavin	0.08 mg
Linolenic acid	1.89 g	6.11 %			Calcium	185.83 mg	Niacin	1.13 mg
Alpha-linolenic acid	8.49 mg	0.03 %			Zinc	0.66 mg	Vitamin B6	0.25 mg
Total Carbohydrate	26.96 g	39.94 %			Chloride	0.00 mg	Vitamin B12	0.00 µg
Sugars total	7.87 g				Chromium	0.00 µg	Folate	12.45 µg
Added sugar	0.00 g	0.00 %			Fluoride	0.00 mg	Biotin	0.00 µg
Lactose	0.00 g				Magnesium	30.25 mg	Choline	0.00 mg
Fiber	3.15 g	2.20 %			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Organic acids	0.00 g	0.00 %			Iodine	0.00 µg	Vitamin C	17.50 mg
Sugar alcohol	0.00 g	0.00 %			Selenium	9.29 µg	Vitamin E	2.80 mg
Starch	0.03 g	0.05 %			Copper	0.16 mg	Vitamin K	9.50 µg
Protein	7.28 g	10.78 %						
Alcohol	0.00 g	0.00 %						
								Others
								Water
								138.46 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.