

# Chorizo tofu enchiladas

|                 |                     |              |          |              |
|-----------------|---------------------|--------------|----------|--------------|
| Recipe group    | Additional name     | Diet factors | Portions | Portion size |
| Entree, Mexican | Protein Foundations | VG, NF       | 12       | 11.13 oz     |

|   | Capacity measure | EP            | Trim loss | AP            | Name of ingredient                    | Methods                                                                                                                                                                                                                                                                       |
|---|------------------|---------------|-----------|---------------|---------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | 3 cup            | 1 lb 10.67 oz | 2%        | 1 lb 11.13 oz | Tofu, Extra Firm                      | For chorizo tofu: In a bowl, mix all ingredients in step 1 except beans. To a large skillet on medium-high heat add tofu mixture and sauté for 5-7 minutes or until tofu is golden and crispy and onions are slightly caramelized. Turn off heat and fold beans into mixture. |
|   | 1 1/4 cup        | 5.56 oz       | 9%        | 6.14 oz       | Onions, White, small diced            |                                                                                                                                                                                                                                                                               |
|   | 1 1/4 cup        | 4.88 oz       | 19%       | 6 oz          | Pepper, Bell, Green, small dice       |                                                                                                                                                                                                                                                                               |
|   | 1/4 cup          | 2.35 oz       | 0%        | 2.35 oz       | Soy Sauce, regular                    |                                                                                                                                                                                                                                                                               |
|   | 1/4 cup          | 1.92 oz       | 0%        | 1.92 oz       | Oil, Canola                           |                                                                                                                                                                                                                                                                               |
|   | 5 tbsp           | 1.60 oz       | 0%        | 1.60 oz       | Seasoning, Taco                       |                                                                                                                                                                                                                                                                               |
|   | 2 tbsp           | 1 oz          | 0%        | 1 oz          | Vinegar, Apple Cider                  |                                                                                                                                                                                                                                                                               |
|   | 2 cup            | 1 lb 0.94 oz  | 0%        | 1 lb 0.94 oz  | Beans, Black, canned, drained, rinsed |                                                                                                                                                                                                                                                                               |



*Tofu mix in bowl*



*Tofu mix in skillet*



*Beans added to tofu mix*

|   | Capacity measure | EP           | Trim loss | AP           | Name of ingredient  | Methods                                                                                                                         |
|---|------------------|--------------|-----------|--------------|---------------------|---------------------------------------------------------------------------------------------------------------------------------|
| 2 | 24 ea            | 1 lb 8.55 oz | 0%        | 1 lb 8.55 oz | Tortilla, Flour, 6" | In the center of each tortilla place 2 ounces of filling and roll tight by folding in sides and rolling (similar to a burrito). |



*Enchilada rolled*

|   | Capacity<br>measure | EP           | Trim<br>loss | AP           | Name of ingredient | Methods                                                                                                                                                                                                                                                                                                                                                                          |
|---|---------------------|--------------|--------------|--------------|--------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 | 4 1/2 cup           | 2 lb 6.11 oz | 0%           | 2 lb 6.12 oz | Sauce, Enchilada   | Preheat oven to 400°F. Spread half of enchilada sauce evenly in a hotel pan. Place rolled tortillas in a line, side by side in pan. Top with remaining enchilada sauce and cover with tin foil. Bake enchiladas in oven for 20-25 minutes or until internal temperature of 165°F. Cooked enchiladas can be stored in hotel pan in a hot box or hot well until ready for service. |



*Enchiladas in hotel pan*



*Enchiladas topped  
with more sauce*

|   | Capacity<br>measure | EP      | Trim<br>loss | AP      | Name of ingredient         | Methods                                                                                     |
|---|---------------------|---------|--------------|---------|----------------------------|---------------------------------------------------------------------------------------------|
| 4 | 1 1/2 cup           | 2.55 oz | 25%          | 3.40 oz | Lettuce, Romaine, shredded | For service: Top two enchiladas with 2 tablespoons lettuce and 2 tablespoons Pico de Gallo. |
|   | 1 1/2 cup           | 7.42 oz | 0%           | 7.43 oz | Pico de Gallo, premade     |                                                                                             |



*Chorizo tofu enchiladas*

## RECIPE IMAGES



*Chorizo tofu enchiladas*

## ALLERGENS

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## WEIGHTS

|                 | Raw          | Cooking loss | Cooked       | Loss when served | Final        |
|-----------------|--------------|--------------|--------------|------------------|--------------|
| Total weight    | 8 lb 5.56 oz | 0.00 %       | 8 lb 5.56 oz | 0.00 %           | 8 lb 5.56 oz |
| Size of portion | 11.13 oz     |              | 11.13 oz     |                  | 11.13 oz     |

## MEMO

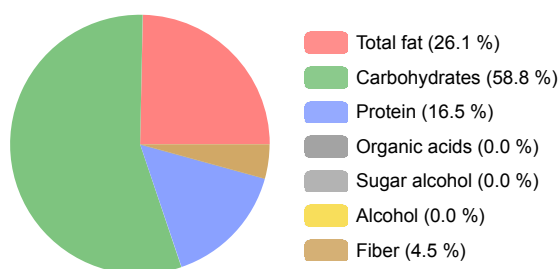
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## NUTRITION INFORMATION

per portion

| Energy nutritives         |                |             |                | Calories           |             | Minerals    |               | RDI   |  | Vitamins         |                 | RDI             |  |
|---------------------------|----------------|-------------|----------------|--------------------|-------------|-------------|---------------|-------|--|------------------|-----------------|-----------------|--|
|                           |                | RDI         | % of energy    |                    |             |             |               |       |  |                  |                 |                 |  |
| <b>Total fat</b>          | <b>12.41 g</b> | <b>16 %</b> | <b>26.14 %</b> | <b>419.89 kcal</b> | <b>21 %</b> | <b>Salt</b> | <b>3.09 g</b> |       |  | <b>Vitamin A</b> | <b>35.88 µg</b> | <b>4 %</b>      |  |
| Saturated                 | 2.52 g         | 13 %        | 5.30 %         | 1,756.84 kJ        |             | Salt        | 0.98 %        |       |  | Vitamin D        | 0.00 µg         | 0 %             |  |
| Monounsaturated           | 4.58 g         |             | 9.64 %         |                    |             | Sodium      | 3,108.48 mg   | 135 % |  | Thiamine         | 0.43 mg         | 36 %            |  |
| Polyunsaturated           | 4.40 g         |             | 9.27 %         |                    |             | Phosphorus  | 243.99 mg     | 20 %  |  | Riboflavin       | 0.28 mg         | 22 %            |  |
| Trans fatty acids         | 0.05 g         |             | 0.10 %         |                    |             | Potassium   | 463.01 mg     | 10 %  |  | Niacin           | 3.40 mg         | 21 %            |  |
| Cholesterol               | 0.00 mg        | 0 %         |                |                    |             | Iron        | 6.83 mg       | 38 %  |  | Vitamin B6       | 0.19 mg         | 11 %            |  |
| Linolenic acid            | 3.61 g         |             | 7.61 %         |                    |             | Calcium     | 329.46 mg     | 25 %  |  | Vitamin B12      | 0.00 µg         | 0 %             |  |
| Alpha-linolenic acid      | 538.57 mg      |             | 1.13 %         |                    |             | Zinc        | 1.13 mg       | 10 %  |  | Folate           | 45.82 µg        | 11 %            |  |
| <b>Total Carbohydrate</b> | <b>60.80 g</b> | <b>22 %</b> | <b>58.84 %</b> |                    |             | Chloride    | 0.00 mg       | 0 %   |  | Biotin           | 0.00 µg         | 0 %             |  |
| Sugars total              | 4.03 g         | 8 %         |                |                    |             | Chromium    | 0.00 µg       | 0 %   |  | Choline          | 0.00 mg         | 0 %             |  |
| Added sugar               | 0.00 g         | 0 %         | 0.00 %         |                    |             | Fluoride    | 0.00 mg       |       |  | Pantothei Acid   | 0.00 mg         | 0 %             |  |
| Lactose                   | 0.00 g         |             |                |                    |             | Magnesium   | 54.04 mg      | 13 %  |  | Vitamin C        | 13.84 mg        | 15 %            |  |
| <b>Fiber</b>              | <b>9.97 g</b>  | <b>36 %</b> | <b>4.54 %</b>  |                    |             | Molybdenun  | 0.00 µg       | 0 %   |  | Vitamin E        | 1.10 mg         | 7 %             |  |
| Organic acids             | 0.00 g         |             | 0.00 %         |                    |             | Iodine      | 0.00 µg       | 0 %   |  | Vitamin K        | 16.92 µg        | 14 %            |  |
| Sugar alcohol             | 0.00 g         |             | 0.00 %         |                    |             | Selenium    | 19.34 µg      | 35 %  |  |                  |                 |                 |  |
| Starch                    | 22.26 g        |             | 21.54 %        |                    |             | Copper      | 0.30 mg       | 33 %  |  |                  |                 |                 |  |
| <b>Protein</b>            | <b>17.01 g</b> | <b>34 %</b> | <b>16.46 %</b> |                    |             |             |               |       |  |                  |                 |                 |  |
| <b>Alcohol</b>            | <b>0.00 g</b>  |             | <b>0.00 %</b>  |                    |             |             |               |       |  |                  |                 |                 |  |
| Others                    |                |             |                |                    |             |             |               |       |  |                  |                 |                 |  |
| <b>Water</b>              |                |             |                |                    |             |             |               |       |  |                  |                 | <b>151.62 g</b> |  |

## PERCENTAGE OF ENERGY



## 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.