

Crispy sea sandwich

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, American	K12 PF deck	VG, NF	12	15.78 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	4 1/2 cup	2 lb 4 oz	0%	2 lb 4 oz	Water	For tofu: In a hotel pan combine all ingredients in step 1. Allow to sit for at least 5 minutes.
	3 cup	13.80 oz	0%	13.80 oz	Flour, All-Purpose	
	3 tbsp	1.44 oz	0%	1.44 oz	Oil, Canola	
	3 tbsp	0.75 oz	0%	0.75 oz	Seasoning, Old Bay	



Wet ingredients, combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3 cup	8.40 oz	0%	8.40 oz	Crumbs, Panko Bread	In a separate hotel pan combine all ingredients in step 2.
	1 1/2 cup	6.90 oz	0%	6.90 oz	Flour, All-Purpose	
	1/3 cup	1.32 oz	0%	1.32 oz	Seasoning, Old Bay	
	1/3 cup	2.53 oz	0%	2.53 oz	Oil, Canola	



Dry ingredients, combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	6 cup	3 lb 4.80 oz	2%	3 lb 5.71 oz	Tofu, Extra Firm <i>Sliced into 1/2" thick, 4.4 ounce planks</i>	First coat tofu in wet mixture, be sure to coat all sides and edges. Transfer to dry and follow same procedure.



Tofu in dredge



Tofu in dry mixture

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4						Preheat oven to 400°F. Place breaded tofu on a lined sheet pan and bake for 25-30 minutes or until golden brown and crispy; flip planks halfway through bake time.



Tofu, baked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	3 cup	1 lb 7.70 oz	0%	1 lb 7.70 oz	Vegan Mayonnaise	For tartar sauce: In a mixing bowl, combine all ingredients in step 5. Reserve in cooler until service.
	3/4 cup	4.10 oz	0%	4.10 oz	Pickle, Dill, diced or <i>thinly sliced</i>	
	3 tbsp	0.33 oz	0%	0.33 oz	Dill Weed, dried	
	3 tbsp	1.03 oz	0%	1.03 oz	Pickle, Dill, brine	



Tartar sauce, combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	12 ea	1 lb 5 oz	0%	1 lb 5 oz	Buns, Hamburger, Wheat, sliced	To assemble: Spread 1 tablespoon of tartar sauce on each side of bun, place tofu on bottom bun, top with 1/4 cup of lettuce, followed by top bun.
	6 cup	15.24 oz	2%	15.61 oz	Lettuce, Iceberg, shredded	



Tartar sauce and tofu on bun



Topped with lettuce

RECIPE IMAGES



Crispy sea sandwich

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

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	3.14 g		
Total fat	36.98 g	42.37 %	771.82 kcal	Salt	0.70 %	Vitamins	
Saturated	3.98 g	4.56 %	3,229.33 kJ	Sodium	1,255.17 mg	Vitamin A	29.50 µg
Monounsaturated	10.81 g	12.39 %		Phosphorus	355.02 mg	Vitamin D	0.00 µg
Polyunsaturated	16.83 g	19.29 %		Potassium	538.81 mg	Thiamine	0.62 mg
Trans fatty acids	0.13 g	0.15 %		Iron	10.48 mg	Riboflavin	0.30 mg
Cholesterol	0.00 mg			Calcium	635.44 mg	Niacin	4.55 mg
Linolenic acid	14.26 g	16.34 %		Zinc	2.79 mg	Vitamin B6	0.24 mg
Alpha-linolenic acid	941.25 mg	1.08 %		Chloride	0.00 mg	Vitamin B12	0.16 µg
Total Carbohydrate	82.57 g	43.47 %		Chromium	0.00 µg	Folate	16.27 µg
Sugars total	6.92 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	132.90 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	7.54 g	1.87 %		Iodine	0.00 µg	Vitamin C	2.45 mg
Organic acids	0.00 g	0.00 %		Selenium	49.93 µg	Vitamin E	3.31 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.54 mg	Vitamin K	54.05 µg
Starch	25.99 g	13.68 %					
Protein	28.01 g	14.75 %					
Alcohol	0.00 g	0.00 %					
				Others			
				Water		293.20 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.