

Kafta bowl

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mediterranean	K12 PF deck	VG, GF, NF	12	18.35 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 tbsp	1.43 oz	0%	1.43 oz	Oil, Olive Blend	For stew: In a pan on medium heat, add oil. Once heated, add onion & pepper mix along with garlic. Cook down for 3-5 minutes. Add tomato paste and cook down for an additional 1-2 minutes or until fragrant.
	4 cup	1 lb 10.38 oz	0%	1 lb 10.38 oz	Vegetables, Frozen, Mixed <i>Onion and Peppers Mix</i>	
	1 tbsp	0.53 oz	12%	0.60 oz	Garlic, cloves, peeled, minced	
	3/4 cup	6.96 oz	0%	6.96 oz	Tomato Paste, canned	



Oil, vegetables, and garlic in skillet



Tomato paste added to skillet

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	6 cup	3 lb	0%	3 lb	Water, hot	Add all ingredients in step 2 to pan and allow stew to come to a boil.
	1 tbsp	0.22 oz	0%	0.22 oz	Coriander Seed, ground	
	1 2/3 tsp	0.16 oz	0%	0.16 oz	Salt, Kosher	
	1 1/2 tsp	0.10 oz	0%	0.10 oz	Cumin, ground	
	1 1/2 tsp	0.22 oz	0%	0.22 oz	Sugar, White, granulated	
	3/4 tsp	0.05 oz	0%	0.05 oz	Allspice, ground	



Spices added to skillet



Water added to skillet

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
3	36 ea	2 lb 6.10 oz	0%	2 lb 6.10 oz		Vegan Meatballs <i>Italian style preferred</i>	Add meatballs and potatoes to pan, cover, and reduce to a simmer. Allow mixture to simmer for 15-20 minutes or until meatballs and potatoes are cooked through. Remove cover, and allow stew to simmer for an additional 5 minutes until thickened.
	7 cup	15.54 oz	22%	1 lb 3.90 oz		Potato, diced, frozen	



*Meatballs and potatoes
added to stew*



*Meatballs and potatoes
cooked through*

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
4	12 cup	5 lb 2.56 oz	0%	5 lb 2.56 oz		Rice, Brown, long grain, cooked	For service: Add 1 cup of rice to bowl, and top with 3/4 cup of stew and three meatballs.

RECIPE IMAGES



Kafta bowl

MEMO

Crediting: Each serving provides 2 ounces meat/meat alternate, 2 ounces grain equivalents, 1/2 cup starchy vegetable, 1/3 cup other vegetable and 1/8 cup red/orange vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy				Vitamins	
Total fat	7.64 g	18.25 %	370.48 kcal 1,550.08 kJ	Salt	0.75 g		
Saturated	1.34 g	3.20 %		Salt	0.14 %		
Monounsaturated	4.00 g	9.55 %		Sodium	300.14 mg	Vitamin A	376.09 µg
Polyunsaturated	1.74 g	4.15 %		Phosphorus	274.93 mg	Vitamin D	0.00 µg
Trans fatty acids	0.00 g	0.00 %		Potassium	613.28 mg	Thiamine	0.43 mg
Cholesterol	0.00 mg			Iron	2.49 mg	Riboflavin	0.20 mg
Linolenic acid	1.59 g	3.79 %		Calcium	38.42 mg	Niacin	6.60 mg
Alpha-linolenic acid	103.32 mg	0.25 %		Zinc	1.99 mg	Vitamin B6	0.43 mg
Total Carbohydrate	68.36 g	74.97 %		Chloride	0.00 mg	Vitamin B12	0.00 µg
Sugars total	4.65 g			Chromium	0.00 µg	Folate	0.00 µg
Added sugar	0.00 g	0.00 %		Fluoride	0.00 mg	Biotin	0.00 µg
Lactose	0.00 g			Magnesium	104.22 mg	Choline	0.00 mg
Fiber	6.76 g	3.49 %		Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Organic acids	0.00 g	0.00 %		Iodine	0.00 µg	Vitamin C	9.69 mg
Sugar alcohol	0.00 g	0.00 %		Selenium	12.85 µg	Vitamin E	1.86 mg
Starch	56.91 g	62.41 %		Copper	0.39 mg	Vitamin K	18.39 µg
Protein	8.13 g	8.92 %					
Alcohol	0.00 g	0.00 %					
				Others			
				Water		343.23 g	

CO₂**0.04 kg**

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.