

Kick'n kidney bean tacos

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mexican	PF K-12	VG, NF	12	11.84 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	10 cup	3 lb 6.50 oz	0%	3 lb 6.50 oz	Beans, Kidney, canned, drained, rinsed	For kidney bean crumble: In a food processor, pulse ingredients in Step 1 until mixture has broken down into a crumble but not a paste. *Crumble can be made the day ahead, place in a wrapped container and hold until service.
	2 1/4 cup	6.30 oz	0%	6.30 oz	Crumbs, Panko Bread	
	1 tbsp	0.51 oz	0%	0.51 oz	Salt, Seasoning	
	1 tbsp	0.32 oz	0%	0.32 oz	Seasoning, Taco <i>Low or no sodium</i>	



Ingredients in food processor



Kidney bean crumble, processed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3/4 cup	5.76 oz	0%	5.76 oz	Oil, Canola	On a flat top grill, or large skillet, heat oil over medium-high heat. Cook crumble while constantly stirring for 8-10 minutes or until mixture is golden brown and crispy. Hold hot for service.



Kidney bean crumble in pan



Kidney bean crumble, cooked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1 cup	7.90 oz	0%	7.90 oz	Vegan Mayonnaise	For coleslaw dressing: In a small mixing bowl, combine all ingredients in step 3. Set dressing aside in cooler.
	2 tbsp	1.04 oz	58%	2.45 oz	Limes, juice	
	1 1/2 tsp	0.17 oz	0%	0.17 oz	Garlic, powder	
	1 1/2 tsp	0.10 oz	0%	0.10 oz	Cumin, ground	



Dressing ingredients



Dressing mixed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	8 cup	1 lb 0.02 oz	1%	1 lb 0.12 oz	Cabbage, Coleslaw Mix	For coleslaw: In a large mixing bowl, combine all ingredients except the cabbage in step 4 until creamy and then fold in cabbage. Add reserved dressing to coleslaw and toss to coat.
	1 1/2 cup	8.33 oz	0%	8.33 oz	Corn, whole kernels, canned	
	2/3 cup	3 oz	9%	3.31 oz	Onions, Red, small dice	
	3 tbsp	0.39 oz	54%	0.84 oz	Cilantro, fresh, chopped	



Coleslaw ingredients



Coated in dressing

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	24 ea	1 lb 8.55 oz	0%	1 lb 8.55 oz	Tortilla, Corn, 6"	For service: 2 tacos per serving. On a flat top, heat tortillas on both sides until slightly charred, about 1-2 minutes on each side. Or bake at 375°F for 5-7 minutes flipping halfway. Spread 1/2 ounce of guacamole on top side of each tortilla, top with 3/4 ounces of coleslaw and 1 1/4 ounces of kidney bean crumble. Garnish each with 1/2 teaspoon of cilantro.
	1 1/2 cup	12.72 oz	0%	12.72 oz	Guacamole, premade	
	1/4 cup	0.52 oz	54%	1.12 oz	Cilantro, fresh, chopped	



Assembly of tacos



Final- Kick'in Kidney Bean Tacos

MEMO

Each serving provides 3 1/4 ounces meat/meat alternate, 2 ounces grain equivalents, 3/4 cup other vegetable and 1/8 cup starchy vegetable.

*Cilantro garnish is optional

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	2.50 g		
Total fat	23.43 g	40.79 %	508.01 kcal	Salt	0.74 %	Vitamins	
Saturated	2.31 g	4.02 %	2,125.54 kJ	Sodium	1,019.44 mg	Vitamin A	10.49 µg
Monounsaturated	10.45 g	18.20 %		Phosphorus	376.38 mg	Vitamin D	0.00 µg
Polyunsaturated	8.42 g	14.66 %		Potassium	665.49 mg	Thiamine	0.38 mg
Trans fatty acids	0.08 g	0.14 %		Iron	3.66 mg	Riboflavin	0.23 mg
Cholesterol	0.00 mg			Calcium	146.14 mg	Niacin	2.87 mg
Linolenic acid	6.61 g	11.50 %		Zinc	2.03 mg	Vitamin B6	0.32 mg
Alpha-linolenic acid	1,298.43 mg	2.26 %		Chloride	0.00 mg	Vitamin B12	0.05 µg
Total Carbohydrate	63.30 g	50.63 %		Chromium	0.00 µg	Folate	12.20 µg
Sugars total	5.30 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	107.41 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	12.97 g	4.88 %		Iodine	0.00 µg	Vitamin C	22.55 mg
Organic acids	0.00 g	0.00 %		Selenium	9.63 µg	Vitamin E	3.11 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.36 mg	Vitamin K	32.65 µg
Starch	21.92 g	17.53 %					
Protein	14.40 g	11.52 %					
Alcohol	0.00 g	0.00 %					
						Others	
						Water	200.12 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.