

Lebanese mujadara

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mediterranean	K12 PF deck	VG, GF, NF, SF	12	17.30 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	4 1/2 cup	1 lb 15.50 oz	0%	1 lb 15.50 oz	Beans, Lentils, Brown, dry	For lentil rice: In a large mixing bowl, combine rice and lentils, rinse and soak in water (not listed) for 20 minutes.
	3 cup	1 lb 3.20 oz	0%	1 lb 3.20 oz	Rice, Brown, parboiled	



Rice & lentils soaked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3/4 cup	5.76 oz	0%	5.76 oz	Oil, Canola	For mujadara: In a large pot on medium heat, cook ingredients in step 2 for 10-12 minutes or until golden brown.
	6 cup	1 lb 2 oz	9%	1 lb 3.87 oz	Onions, Yellow, sliced	



Onions caramelized

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	5 cup	2 lb 8 oz	0%	2 lb 8 oz	Water	Add all ingredients in step 3, along with drained lentils and rice, mix to combine. Cover and cook for around 25-30 minutes or until rice and lentils are tender.
	2 tbsp	0.42 oz	0%	0.42 oz	Cumin, ground	
	~ 1 tbsp	0.30 oz	0%	0.30 oz	Salt, Kosher	



Ingredients added to pan



Water added to pan

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	6 cup	1 lb 12.80 oz	5%	1 lb 14.32 oz	Cucumber, with peel, diced	For cucumber tomato salad: In a large mixing bowl, combine all ingredients in step 4. Cover and reserve in cooler until service.
	6 cup	3 lb 5.34 oz	0%	3 lb 5.34 oz	Tomatoes, medium dice	
	3/4 cup	1.35 oz	60%	3.35 oz	Parsley, Italian, fresh, chopped	
	3/4 cup	1.50 oz	17%	1.81 oz	Onions, Green, sliced thinly on bias	
	3/4 cup	6.03 oz	0%	6.03 oz	Dressing, Italian, fat-free	



Salad tossed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	3/4 cup	1.46 oz	0%	1.46 oz	Onions, crispy fried	For service: Add 1 1/2 cups of mujadara into a serving bowl. Garnish with 1 tablespoon of crispy onions. Serve with 1 cup side salad.



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MEMO

*Optional - serve with side of plant-based yogurt, cucumber and mint mix.

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

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy				Vitamins	
Total fat	15.47 g	21.99 %	622.05 kcal	Salt	1.14 g		
Saturated	1.35 g	1.91 %	2,602.61 kJ	Salt	0.23 %		
Monounsaturated	9.08 g	12.91 %		Sodium	456.31 mg	Vitamin A	79.56 µg
Polyunsaturated	4.51 g	6.41 %		Phosphorus	353.81 mg	Vitamin D	0.00 µg
Trans fatty acids	0.05 g	0.08 %		Potassium	1,128.21 mg	Thiamine	0.80 mg
Cholesterol	0.28 mg			Iron	6.81 mg	Riboflavin	0.26 mg
Linolenic acid	3.15 g	4.48 %		Calcium	100.73 mg	Niacin	3.68 mg
Alpha-linolenic acid	1,244.08 mg	1.77 %		Zinc	3.56 mg	Vitamin B6	0.72 mg
Total Carbohydrate	99.71 g	65.13 %		Chloride	0.00 mg	Vitamin B12	0.04 µg
Sugars total	10.56 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	82.93 mg	Choline	0.00 mg
Fiber	11.80 g	3.63 %		Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Organic acids	0.00 g	0.00 %		Iodine	0.00 µg	Vitamin C	33.10 mg
Sugar alcohol	0.00 g	0.00 %		Selenium	7.87 µg	Vitamin E	3.68 mg
Starch	37.70 g	24.62 %		Copper	0.82 mg	Vitamin K	93.01 µg
Protein	24.33 g	15.89 %					
Alcohol	0.00 g	0.00 %					
				Others			
				Water		346.24 g	

CO₂**0.37 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.