

Meatloaf cupcake

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Comfort	K12 PF deck	VG, NF	12	6.62 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	4 1/2 cup	17.46 oz	0%	17.46 oz	Vegan Meat, crumbles	For meatloaf: In a bowl, combine all ingredients in step 1 until well mixed. Preheat oven to 350°F. Portion into greased muffin pan with #12 green scoop and press in. Bake for 20 minutes.
	1 1/2 cup	5.20 oz	0%	5.20 oz	Bread Crumbs, dry, plain	
	1 1/2 cup	7.42 oz	0%	7.43 oz	Salsa, Tomato, premade	
	3 tbsp	1.44 oz	0%	1.44 oz	Oil, Canola	
	1 tbsp	0.23 oz	0%	0.23 oz	Onion, powder	
	1 tbsp	0.29 oz	0%	0.29 oz	Salt, Kosher	
	2 tsp	0.16 oz	0%	0.16 oz	Pepper, Black, ground	



Meatloaf mixture



	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	4 cup	8.48 oz	0%	8.48 oz	Potato, flakes	For potatoes: Combine all ingredients in step 2. Potatoes will be hot. Hot hold in steam table or hot box for 2 hours.
	4 cup	2 lb	0%	2 lb	Water, boiling	
	1/2 cup	4 oz	0%	4 oz	Non-Dairy Butter	
	1 1/2 tsp	0.12 oz	0%	0.12 oz	Pepper, Black, ground	
	1 3/4 tsp	0.17 oz	0%	0.17 oz	Salt, Kosher	



Mashed poatoes

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/4 cup	2.40 oz	0%	2.40 oz	Ketchup	For service: Top meatloaf with a #12 green scoop of mashed potatoes, drizzle with 1 teaspoon of ketchup and a sprinkle of parsley flakes. Two cupcakes per serving.
	1 tsp	0.02 oz	0%	0.02 oz	Parsley Flakes, dried, whole flakes	



Meatloaf cupcake

MEMO

Crediting: Each serving provides 1 1/2 ounces meat/meat alternate and 2/3 cup starchy vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	1.69 g		
Total fat	13.00 g	38.96 %	295.05 kcal 1,234.50 kJ	Salt	0.90 %	Vitamins	
Saturated	2.01 g	6.02 %		Sodium	915.56 mg	Vitamin A	7.61 µg
Monounsaturated	5.84 g	17.51 %		Phosphorus	63.05 mg	Vitamin D	0.00 µg
Polyunsaturated	3.43 g	10.27 %		Potassium	787.95 mg	Thiamine	0.33 mg
Trans fatty acids	1.96 g	5.87 %		Iron	2.75 mg	Riboflavin	0.09 mg
Cholesterol	0.00 mg			Calcium	79.86 mg	Niacin	2.27 mg
Linolenic acid	2.82 g	8.44 %		Zinc	0.42 mg	Vitamin B6	0.20 mg
Alpha-linolenic acid	545.37 mg	1.63 %		Chloride	0.00 mg	Vitamin B12	0.06 µg
Total Carbohydrate	34.05 g	46.89 %		Chromium	0.00 µg	Folate	10.07 µg
Sugars total	4.01 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	24.96 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	2.38 g	1.54 %		Iodine	0.00 µg	Vitamin C	18.72 mg
Organic acids	0.00 g	0.00 %		Selenium	6.00 µg	Vitamin E	1.42 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.12 mg	Vitamin K	14.35 µg
Starch	21.47 g	29.57 %					
Protein	13.59 g	18.72 %					
Alcohol	0.00 g	0.00 %					
						Others	
						Water	98.82 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.