

Sloppy taco joe

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mexican	K12 PF deck	VG, NF, SF	12	6.90 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 cup	2 lb 8.62 oz	0%	2 lb 8.62 oz	Beans, Lentils, cooked	For taco filling: In rondo pan or tilt skillet combine all ingredients in step 1. Cook over medium heat until heated through. Note: Do not over mix lentils.
	1 cup	8 oz	0%	8 oz	Water	
	3/4 cup	6.96 oz	0%	6.96 oz	Tomato Paste, canned	
	3/4 cup	3.71 oz	0%	3.71 oz	Salsa, Tomato, premade	
	1/2 cup	2.56 oz	0%	2.56 oz	Seasoning, Taco	



Sloppy taco mixture complete

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	12 ea	1 lb 5 oz	0%	1 lb 5 oz	Buns, Hamburger, Wheat, sliced	For service: split roll and top with 1/2 cup lentils. Add toppings as desired.



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MEMO

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

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	1.74 g		
Total fat	2.68 g	8.42 %	281.50 kcal 1,177.78 kJ	Salt	0.89 %	Vitamins	
Saturated	0.53 g	1.67 %		Sodium	691.37 mg	Vitamin A	32.46 µg
Monounsaturated	0.44 g	1.37 %		Phosphorus	297.37 mg	Vitamin D	0.00 µg
Polyunsaturated	1.11 g	3.49 %		Potassium	736.28 mg	Thiamine	0.40 mg
Trans fatty acids	0.01 g	0.03 %		Iron	5.39 mg	Riboflavin	0.20 mg
Cholesterol	0.00 mg			Calcium	123.52 mg	Niacin	3.86 mg
Linolenic acid	0.98 g	3.08 %		Zinc	2.20 mg	Vitamin B6	0.32 mg
Alpha-linolenic acid	83.35 mg	0.26 %		Chloride	0.00 mg	Vitamin B12	0.09 µg
Total Carbohydrate	48.99 g	70.72 %		Chromium	0.00 µg	Folate	0.00 µg
Sugars total	7.97 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	83.48 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	12.21 g	8.29 %		Iodine	0.00 µg	Vitamin C	6.84 mg
Organic acids	0.00 g	0.00 %		Selenium	19.93 µg	Vitamin E	1.12 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.44 mg	Vitamin K	6.06 µg
Starch	14.19 g	20.48 %					
Protein	15.86 g	22.90 %					
Alcohol	0.00 g	0.00 %					
						Others	
						Water	123.72 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.