

Sweet curry chickpea sandwich

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Indian	K12 PF deck	VG, NF, SF	12	10.64 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 cup	2 lb 1.90 oz	0%	2 lb 1.90 oz	Beans, Garbanzo, canned, low sodium	For curry chickpeas: Lightly mash chickpeas in a food processor or by hand.



Chickpeas, lightly mashed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3 cup	1 lb 10.04 oz	0%	1 lb 10.04 oz	Hummus, premade	In a large mixing bowl, combine mashed chickpeas and all ingredients in step 2, mix to combine.
	2 cup	7.76 oz	26%	10.50 oz	Apples, Granny Smith, peeled, cored, medium dice	
	1 1/2 cup	5.85 oz	19%	7.20 oz	Carrots, peeled, shredded	
	1 cup	5.10 oz	0%	5.10 oz	Raisins	
	1 cup	4.23 oz	31%	6.15 oz	Celery, small dice	
	1/4 cup	2.07 oz	59%	5.02 oz	Lemons, juice	
	2 tbsp	0.42 oz	0%	0.42 oz	Curry Powder, mild	
	2 tsp	0.23 oz	0%	0.23 oz	Garlic, powder	
	~ 1 tsp	0.10 oz	0%	0.10 oz	Salt, Kosher	
	1/2 tsp	0.03 oz	0%	0.03 oz	Cumin, ground	



Ingredients in bowl



Ingredients, combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	24 ea	2 lb 10 oz	0%	2 lb 10 oz	Bread, Whole Wheat, slice 2 <i>slices</i> <i>whole wheat bread</i> <i>per sandwich</i>	For service: Portion 1 cup onto whole grain bread or bun. Slice in half if desired.



*Add 1/2 cup of filling
to whole grain bread*



*Sweet curry chickpea
sandwich, sliced*

RECIPE IMAGES



Sweet curry chickpea sandwich

MEMO

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

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	2.25 g		
Total fat	11.20 g	22.14 %	447.32 kcal 1,871.61 kJ	Salt	0.75 %	Vitamins	
Saturated	1.79 g	3.54 %		Sodium	900.64 mg	Vitamin A	119.38 µg
Monounsaturated	3.56 g	7.03 %		Phosphorus	398.82 mg	Vitamin D	0.00 µg
Polyunsaturated	4.56 g	9.02 %		Potassium	624.44 mg	Thiamine	0.54 mg
Trans fatty acids	0.02 g	0.04 %		Iron	5.31 mg	Riboflavin	0.25 mg
Cholesterol	0.00 mg			Calcium	227.42 mg	Niacin	5.10 mg
Linolenic acid	2.18 g	4.30 %		Zinc	3.56 mg	Vitamin B6	0.76 mg
Alpha-linolenic acid	138.99 mg	0.27 %		Chloride	0.00 mg	Vitamin B12	0.00 µg
Total Carbohydrate	67.41 g	61.23 %		Chromium	0.00 µg	Folate	0.00 µg
Sugars total	9.09 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	146.95 mg	Choline	0.00 mg
Lactose	0.01 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	14.83 g	6.34 %		Iodine	0.00 µg	Vitamin C	3.12 mg
Organic acids	0.00 g	0.00 %		Selenium	29.31 µg	Vitamin E	3.21 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.71 mg	Vitamin K	15.84 µg
Starch	28.71 g	26.08 %					
Protein	21.69 g	19.71 %					
Alcohol	0.00 g	0.00 %					
						Others	
						Water	184.64 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.