

Tofu "egg" salad sandwich

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, American	K12 PF deck	VG, NF	12	13.24 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 cup	3 lb 4.80 oz	2%	3 lb 5.71 oz	Tofu, Firm, drained, pressed, crumbled	For tofu "egg" salad: In a large mixing bowl, toss all ingredients in step 1 to combine.
	2 cup	8.46 oz	31%	12.30 oz	Celery, small dice	
	2 cup	4 oz	17%	4.83 oz	Onions, Green, sliced thinly on bias	
	2 cup	15.80 oz	0%	15.80 oz	Vegan Mayonnaise	
	1/4 cup	2.12 oz	0%	2.12 oz	Sauce, Mustard	
	3 tbsp	1.03 oz	0%	1.03 oz	Pickle, Dill, brine	
	2 tbsp	0.58 oz	0%	0.58 oz	Salt, Kosher	
	2 tbsp	0.22 oz	0%	0.22 oz	Dill Weed, dried	
	2 tsp	0.18 oz	0%	0.18 oz	Turmeric, ground	



Ingredients combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	24 ea	2 lb 10 oz	0%	2 lb 10 oz	Bread, Multi-grain, slice	For service: On a slice of bread, add 4-5 pickles, 1 cup of tofu "egg" salad and 1/2 cup of lettuce. Slice and serve.
	3 cup	1 lb 0.41 oz	0%	1 lb 0.41 oz	Pickle, Dill, sliced	
	6 cup	15.24 oz	2%	15.61 oz	Lettuce, Iceberg, shredded	



Pickles on bread slice



Tofu (egg) salad on bread slice



Topped with lettuce

RECIPE IMAGES



Tofu "egg" salad sandwich

MEMO

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

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	4.04 g		
Total fat	22.48 g	39.84 %	499.06 kcal	Salt	1.08 %	Vitamins	
Saturated	2.89 g	5.12 %	2,088.07 kJ	Sodium	1,617.16 mg	Vitamin A	37.29 µg
Monounsaturated	4.16 g	7.38 %		Phosphorus	395.97 mg	Vitamin D	0.00 µg
Polyunsaturated	11.56 g	20.48 %		Potassium	603.50 mg	Thiamine	0.45 mg
Trans fatty acids	0.06 g	0.10 %		Iron	10.18 mg	Riboflavin	0.26 mg
Cholesterol	0.00 mg			Calcium	614.91 mg	Niacin	4.52 mg
Linolenic acid	10.12 g	17.93 %		Zinc	3.04 mg	Vitamin B6	0.39 mg
Alpha-linolenic acid	20.68 mg	0.04 %		Chloride	0.00 mg	Vitamin B12	0.00 µg
Total Carbohydrate	50.54 g	41.15 %		Chromium	0.00 µg	Folate	0.00 µg
Sugars total	9.28 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	148.99 mg	Choline	0.00 mg
Lactose	0.57 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	9.83 g	3.77 %		Iodine	0.00 µg	Vitamin C	4.34 mg
Organic acids	0.00 g	0.00 %		Selenium	46.21 µg	Vitamin E	1.46 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.59 mg	Vitamin K	60.88 µg
Starch	25.50 g	20.76 %					
Protein	26.65 g	21.70 %					
Alcohol	0.00 g	0.00 %					
				Others			
				Water		268.53 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.