

Tofu sofritas burrito bowl

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mexican	PF K-12	VG	12	17.37 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 1/3 cup	3 lb 8.37 oz	2%	3 lb 9.35 oz	Tofu, Extra Firm	For Tofu Sofritas - Preheat oven to 350 degrees F. Place ingredients in Step 1 in a large mixing bowl and crumble tofu into pea size pieces. Mix well.
	1/2 cup	3.84 oz	0%	3.84 oz	Oil, Canola	
	1/2 cup	4.60 oz	0%	4.60 oz	Soy Sauce, Light Sodium	
	1/4 cup	2 oz	0%	2 oz	Vinegar, Apple Cider	
	1/2 cup	2.56 oz	0%	2.56 oz	Seasoning, Taco	



Crumbled Tofu Plus Spices



Tofu mixed with ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2						Place tofu mixture in a single layer on parchment lined sheet pans. Bake for 15 minutes. Rotate pan and use spatula to move mixture around. Bake for another 15 minutes or until tofu is a dark golden brown. Remove from oven and hold hot for service.



Sofritas Baked

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
3	3 cup	1 lb 9.41 oz	0%	1 lb 9.41 oz		Beans, Black, canned, low sodium	For Black Bean and Corn Salad - In a large mixing bowl, combine all ingredients in Step 3. Place in a sealed container and hold in cooler until service.
	2 cup	9.62 oz	71%	2 lb 1.17 oz		Corn, Sweet, frozen <i>Thawed</i>	
	1 cup	4.95 oz	0%	4.95 oz		Pico de Gallo, premade	



Black Bean and Corn Salad ingredients

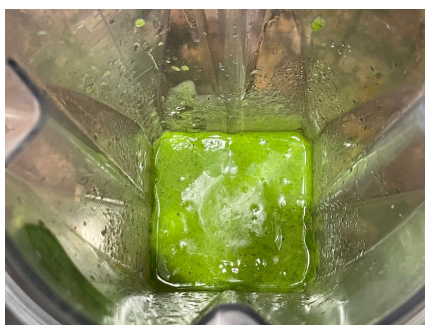


Black Bean and Corn Salad Mixed

	Capacity measure		EP	Trim loss	AP	Name of ingredient	Methods
4	6 tbsp	3.11 oz	58%	7.34 oz		Limes, juice	For Cilantro-Lime Brown Rice - In a blender place juice, cilantro, oil, and spices and blend on high until fully processed and smooth. Pour over rice and mix well. Hold hot for service.
	3/4 cup	1.56 oz	54%	3.36 oz		Cilantro, fresh, chopped	
	3/4 cup	5.76 oz	0%	5.76 oz		Oil, Canola	
	3/4 tsp	0.05 oz	0%	0.05 oz		Cumin, ground	
	3/4 tsp	0.07 oz	0%	0.07 oz		Salt, Kosher	
	3/4 tsp	0.06 oz	0%	0.06 oz		Pepper, Black, ground	
	12 cup	5 lb 2.56 oz	0%	5 lb 2.56 oz		Rice, Brown, long grain, cooked	



Cilantro-Lime Dressing Ingredients



Cilantro-Lime Dressing processed



Cilantro-Lime Dressing with Rice

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	3 1/2 cup	5.95 oz	25%	7.93 oz	Lettuce, Romaine, shredded	To Plate - Place 6.8 ounces Cilantro- Lime Brown Rice into a serving bowl. Add 4.4 ounces of Tofu Sofritas mixture across rice and bowl. Add 3.3 ounces of black bean and corn salad across tofu. Garnish with 0.5 ounce of lettuce.



Rice on bottom and Sofritas on top



*Adding Black Bean and
Corn Salad and Lettuce*



Tofu Sofritas Burrito Bowl

RECIPE IMAGES



Tofu Sofritas Burrito Bowl

MEMO

Crediting: Each serving provides 3 ounces meat/meat alternate, 2 ounces grain equivalents, 1/8 cup dark green vegetables and 1/8 cup starchy vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	2.45 g		
Total fat	31.51 g	41.23 %	675.86 kcal 2,827.81 kJ	Salt	0.50 %	Vitamins	
Saturated	3.22 g	4.21 %		Sodium	979.75 mg	Vitamin A	79.00 µg
Monounsaturated	16.58 g	21.70 %		Phosphorus	457.91 mg	Vitamin D	0.00 µg
Polyunsaturated	10.94 g	14.31 %		Potassium	792.49 mg	Thiamine	0.65 mg
Trans fatty acids	0.09 g	0.12 %		Iron	10.58 mg	Riboflavin	0.31 mg
Cholesterol	0.00 mg			Calcium	504.64 mg	Niacin	6.23 mg
Linolenic acid	8.34 g	10.92 %		Zinc	3.39 mg	Vitamin B6	0.44 mg
Alpha-linolenic acid	2,093.90 mg	2.74 %		Chloride	0.00 mg	Vitamin B12	0.00 µg
Total Carbohydrate	77.74 g	46.74 %		Chromium	0.00 µg	Folate	0.00 µg
Sugars total	3.25 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	176.52 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	10.86 g	3.07 %		Iodine	0.00 µg	Vitamin C	6.10 mg
Organic acids	0.00 g	0.00 %		Selenium	24.31 µg	Vitamin E	5.02 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.65 mg	Vitamin K	47.92 µg
Starch	48.35 g	29.07 %					
Protein	23.81 g	14.31 %					
Alcohol	0.00 g	0.00 %					
				Others			
				Water		352.98 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.