

Totchos

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, American	K12 PF deck	VG, GF, NF, SF	12	12.22 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	12 cup	40.21 oz	22%	51.49 oz	Potato, Tater Tot, frozen	For totchos: Bake tater tots according to package instructions and hold hot for service



Prepare tater tots according to instructions



Tater tots, baked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 tbsp	0.96 oz	0%	0.96 oz	Oil, Canola	Heat oil in large sauté pan over medium heat. Add onions and cook for 3-5 minutes.
	1 cup	3.90 oz	9%	4.30 oz	Onions, Red, medium dice	

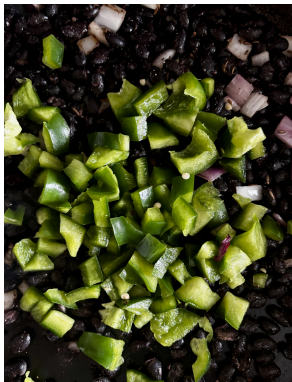


Oil added to pan



Onions added to pan

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	6 cup	50.82 oz	0%	50.82 oz	Beans, Black, canned, drained, rinsed	Add black beans and peppers to saute pan, season with remaining ingredients in step 3 and saute for 2-4 minutes, stirring occasionally.
	1 cup	4.15 oz	19%	5.10 oz	Pepper, Bell, Green, medium dice	
	1 tbsp	0.29 oz	0%	0.29 oz	Salt, Kosher	
	1 tbsp	0.34 oz	0%	0.34 oz	Garlic, powder	
	1 tbsp	0.32 oz	0%	0.32 oz	Seasoning, Taco	



Beans and peppers added to pan



*Salt, pepper, garlic and
taco seasoning added*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	4 cup	2 lb 13.70 oz	0%	2 lb 13.70 oz	Nacho Cheez	For nacho cheez: Prepare recipe according to directions. In large bowl, add nacho cheez to black bean mixture and baked tater tots and toss until fully combined.



Nacho cheez



Add cheez to beans and tots

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5						For service: On a plate, portion 1 cup tater tots, 1/2 cup of bean mixture mix, and 1/3 cup of nacho cheez.



Tatchos

RECIPE IMAGES



Totchos

MEMO

Nacho Cheez recipe accompanies this and can also be found at <https://forwardfood.org/nacho-cheez/>

Crediting: Each serving provides 2 ounces meat/meat alternate, 1 1/4 cup starchy vegetable, 1/8 cup red/orange vegetable and 1/8 cup other vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt		Vitamins	
Total fat	14.19 g	31.87 %	393.75 kcal 1,647.48 kJ	Salt	2.30 g		
Saturated	1.58 g	3.55 %		Sodium	0.66 %	Vitamin A	325.94 µg
Monounsaturated	7.16 g	16.08 %		Phosphorus	917.17 mg	Vitamin D	0.00 µg
Polyunsaturated	4.04 g	9.08 %		Potassium	255.86 mg	Thiamine	0.35 mg
Trans fatty acids	0.03 g	0.07 %		Iron	1,222.64 mg	Riboflavin	0.22 mg
Cholesterol	0.00 mg			Calcium	4.82 mg	Niacin	3.71 mg
Linolenic acid	2.97 g	6.67 %		Zinc	87.00 mg	Vitamin B6	0.56 mg
Alpha-linolenic acid	982.55 mg	2.21 %		Chloride	1.51 mg	Vitamin B12	0.00 µg
Total Carbohydrate	57.30 g	59.12 %		Chromium	0.00 mg	Folate	0.00 µg
Sugars total	3.24 g			Fluoride	0.00 µg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	0.00 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	84.71 mg	Pantothenic Acid	0.00 mg
Fiber	13.16 g	6.39 %		Iodine	0.00 µg	Vitamin C	28.90 mg
Organic acids	0.00 g	0.00 %		Selenium	2.48 µg	Vitamin E	2.93 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.58 mg	Vitamin K	21.76 µg
Starch	22.59 g	23.31 %					
Protein	12.10 g	12.49 %					
Alcohol	0.00 g	0.00 %					
				Others			
				Water		254.13 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.