Humane World for Animals™

Country fried tofu sandwich

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Comfort	Protein Foundations	VG, NF	12	11.61 oz

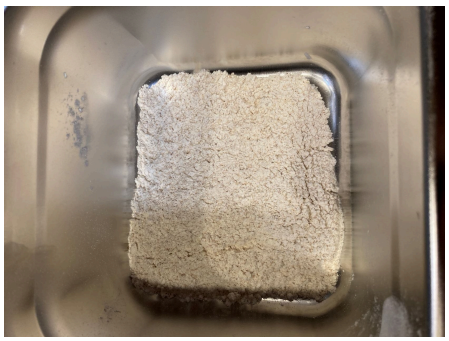
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1 1/2 cup	12 oz	0%	12 oz	Non-Dairy Milk, Soy, unsweetened	For batter: In a hotel pan combine all ingredients in step 1. Allow to sit for at least 5 minutes.
	1/3 cup	1.52 oz	0%	1.52 oz	Flour, All-Purpose	
	1/4 cup	2 oz	0%	2 oz	Vinegar, Apple Cider	
	1/4 cup	0.52 oz	0%	0.52 oz	Seasoning, Poultry	
	2 tbsp	1.20 oz	0%	1.20 oz	Sauce, Hot, generic	
	1 tbsp	0.29 oz	0%	0.29 oz	Salt, Kosher	
	1 1/2 tsp	0.12 oz	0%	0.12 oz	Pepper, Black, ground	



Wet ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3 cup	8.40 oz	0%	8.40 oz	Crumbs, Panko Bread	For dry mix: In a hotel pan combine all ingredients in step 2.
	1 1/2 cup	6.90 oz	0%	6.90 oz	Flour, All-Purpose	
	1/3 cup	0.69 oz	0%	0.69 oz	Seasoning, Poultry	
	3 tbsp	1.53 oz	0%	1.53 oz	Salt, Seasoning	
	1 1/2 tsp	0.12 oz	0%	0.12 oz	Paprika, ground	

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Dry ingredients

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	5 1/3 cup	2 lb 15.50 oz	2%	3 lb 0.32 oz	Tofu, Extra Firm, drained, pressed, cubed *4oz. squares*	Coat tofu in the wet mixture, be sure to coat all sides and edges. Transfer to dry mix and repeat until all tofu is coated.



Pressed & drained tofu

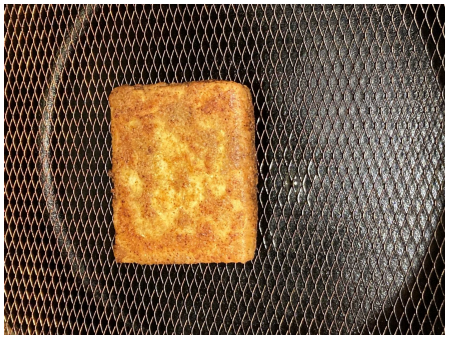


Tofu in wet mixture



Tofu in dry mixture

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4						Place breaded tofu in the deep fryer, at 350°F, for 3-4 minutes until tofu golden brown and crispy.



Fried tofu

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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	12 ea	1 lb 5 oz	0%	1 lb 5 oz	Buns, Hamburger, White, sliced	For service: Place 1 tablespoon of mayo on each side of bun, layer 1 ounce pickles, tofu, 1 ounce lettuce, and top with bun.
	4 1/2 cup	11.43 oz	2%	11.71 oz	Lettuce, Iceberg, shredded	
	2 1/4 cup	12.31 oz	0%	12.31 oz	Pickle, Dill, sliced	
	1 1/2 cup	11.85 oz	0%	11.85 oz	Vegan Mayonnaise	



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MEMO

If a thicker breading is desired on the tofu: repeat the breading procedure twice and fry for 8 minutes.

NUTRITION INFORMATION

per portion

Energy nutritives		% of energy
Total fat	18.31 g	32.85 %
Saturated	2.47 g	4.44 %
Monounsaturated	3.42 g	6.14 %
Polyunsaturated	9.47 g	16.99 %
Trans fatty acids	0.06 g	0.10 %
Cholesterol	0.00 mg	
Linolenic acid	8.05 g	14.45 %
Alpha-linolenic acid	89.03 mg	0.16 %
Total Carbohydrate	61.63 g	50.80 %
Sugars total	6.96 g	
Added sugar	0.00 g	0.00 %
Lactose	0.00 g	
Fiber	4.24 g	1.64 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	30.05 g	24.76 %
Protein	21.85 g	18.01 %
Alcohol	0.00 g	0.00 %

	Calories
	492.97 kcal
	2,062.60 kJ

Minerals	
Salt	6.34 g
Salt	1.92 %
Sodium	2,531.88 mg
Phosphorus	253.06 mg
Potassium	430.55 mg
Iron	10.43 mg
Calcium	606.83 mg
Zinc	1.98 mg
Chloride	0.00 mg
Chromium	0.00 µg
Fluoride	0.00 mg
Magnesium	88.99 mg
Molybdenum	0.00 µg
Iodine	0.00 µg
Selenium	35.95 µg
Copper	0.45 mg

Vitamins	
Vitamin A	34.92 µg
Vitamin D	0.34 µg
Thiamine	0.66 mg
Riboflavin	0.40 mg
Niacin	4.13 mg
Vitamin B6	0.21 mg
Vitamin B12	0.48 µg
Folate	42.57 µg
Biotin	0.00 µg
Choline	0.00 mg
Pantothenic Acid	0.00 mg
Vitamin C	3.38 mg
Vitamin E	1.04 mg
Vitamin K	56.77 µg

Others	
Water	218.45 g

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CO2



0.38 kg

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.

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