Humane World for Animals™

Tofu bahn mi

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Asian	C&U	VG, NF	12	20.65 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	4 1/2 cup	1 lb 4.25 oz	2%	1 lb 4.64 oz	Cucumber, English, thinly sliced	For pickles: In a large bowl combine all ingredients in step 1. Cover and set in cooler to marinate for a minimum for 2 hours.
	3 cup	12.30 oz	0%	12.30 oz	Radish, Red, thinly sliced	
	2 1/4 cup	8.77 oz	19%	10.79 oz	Carrots, peeled, shredded	
	3/4 cup	6.24 oz	0%	6.24 oz	Vinegar, Rice Wine	
	3/4 cup	6 oz	0%	6 oz	Water, cold	
	1/2 cup	1.95 oz	6%	2.09 oz	Peppers, Jalapeño, fresh, sliced	
	2 tbsp	0.89 oz	0%	0.89 oz	Sugar, White, granulated	
	1 tbsp	0.29 oz	0%	0.29 oz	Salt, Kosher	



Pickled veggies

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3/4 cup	6.35 oz	0%	6.35 oz	Tamari	For marinade: In a large mixing bowl combine all ingredients in step 2, except tofu. Add tofu until coated and marinate for a minimum of 2 hours.
	6 tbsp	2.88 oz	0%	2.88 oz	Oil, Canola	
	6 tbsp	3.11 oz	58%	7.34 oz	Limes, juice	
	3 tbsp	1.59 oz	12%	1.80 oz	Garlic, cloves, peeled, minced	
	1 1/2 tsp	0.12 oz	0%	0.12 oz	Ginger, ground	
	3/4 tsp	0.06 oz	0%	0.06 oz	Pepper, Black, table grind	
	6 cup	3 lb 5.34 oz	2%	3 lb 6.26 oz	Tofu, Super Firm, drained, pressed, sliced *1in lengthwise.*	

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Marinated tofu

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3						In a large pan on medium-heat, add tofu slices and sear for 3-5 minutes on each side or until golden brown. Oven method: Preheat oven to 400°F. To a baking sheet lined with parchment paper, add tofu slices and bake for 20-25 minutes, flipping halfway, or until tofu slices are golden brown.



Tofu seared

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1 1/2 cup	11.85 oz	0%	11.85 oz	Vegan Mayonnaise	For sriracha mayo: Combine all ingredients in step 4. Cover and set in cooler until service.
	3 tbsp	1.80 oz	0%	1.80 oz	Sauce, Sriracha	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	12 ea	6 lb 9 oz	0%	6 lb 9 oz	Bread, Baguette, demi, sliced, toasted, 8in	For service: Spread 1 tablespoon of sriracha mayo on both side of baguette. Place 2 tofu planks on bottom half, top with 1/2 cup of pickles and 2 tablespoons of cilantro. Top with other half of baguette.
	1 1/2 cup	5.04 oz	54%	10.86 oz	Cilantro, fresh, leaves	

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Tofu bahn mi

RECIPE IMAGES



Final- Tofu bahn mi

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NUTRITION INFORMATION

per portion

Energy nutritives		% of energy
Total fat	32.70 g	29.10 %
Saturated	4.63 g	4.12 %
Monounsaturated	12.03 g	10.70 %
Polyunsaturated	12.11 g	10.77 %
Trans fatty acids	0.07 g	0.06 %
Cholesterol	0.00 mg	
Linolenic acid	10.41 g	9.27 %
Alpha-linolenic acid	624.83 mg	0.56 %
Total Carbohydrate	139.12 g	56.88 %
Sugars total	7.57 g	
Added sugar	0.00 g	0.00 %
Lactose	0.00 g	
Fiber	10.77 g	2.07 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	0.69 g	0.28 %
Protein	36.14 g	14.78 %
Alcohol	0.00 g	0.00 %

Calories	
993.70 kcal	
4,157.63 kJ	

Minerals	
Salt	5.11 g
Salt	0.87 %
Sodium	2,877.29 mg
Phosphorus	404.72 mg
Potassium	807.15 mg
Iron	14.64 mg
Calcium	724.66 mg
Zinc	3.78 mg
Chloride	0.00 mg
Chromium	0.00 µg
Fluoride	0.00 mg
Magnesium	126.44 mg
Molybdenum	0.00 µg
Iodine	0.00 µg
Selenium	82.19 µg
Copper	0.73 mg

Vitamins	
Vitamin A	224.34 µg
Vitamin D	0.00 µg
Thiamine	1.47 mg
Riboflavin	0.92 mg
Niacin	12.29 mg
Vitamin B6	0.37 mg
Vitamin B12	0.00 µg
Folate	201.15 µg
Biotin	0.00 µg
Choline	0.00 mg
Pantothenic Acid	0.00 mg
Vitamin C	20.19 mg
Vitamin E	3.46 mg
Vitamin K	76.83 µg

Others	
Water	351.44 g

CO2

0.76 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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