

Beef and Potato Latkes - 1822

Recipe group	Additional name				Diet factors	Portions	Portion size
-						25	11.72 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
1	1.562 gal		0%	11 lb 9.19 oz	Potatoes, frozen, shredded	In a medium-sized bowl, mix together the grated potato, flour, green onion, milk, cornstarch, salt, baking powder, and black pepper (optional: add dill and vegan cheese). Mix well.		
	~ 1 qt		0%	1 lb 2.92 oz	Wheat flour, white, all-purpose, enriched			
	12.5 ea		0%	0 lb 12.50 oz	Onions, young green, tops only			
	37 1/2 tbsp		0%	1 lb 4.09 oz	Soymilk, original, unsweetened			
	12 1/2 tbsp		0%	0 lb 3.53 oz	Cornstarch			
	~ 2 tbsp		0%	0 lb 1.10 oz	Leavening agents, baking powder, low-sodium			
	15 5/8 tsp		0%	0 lb 1.53 oz	Salt, kosher, Diamond Crystal			
	6 1/4 tsp		0%	0 lb 0.50 oz	Spices, black pepper, ground			

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
2			0%	2 lb 5.50 oz	Hungry Planet Beef™	Add Hungry Planet Beef™ and mix lightly.		

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
3	~ 1 1/2 cup		0%	0 lb 12.03 oz	Oil, canola	Add ¼ cup of oil to a large skillet, on medium-high heat. Next, scoop about ½ a cup of batter into the pan. Use a spatula or pancake flipper to flatten the patty to about ¼ inch thick. Fry until golden brown, flip, and fry the other side. Drain excess oil on a paper towel if necessary.		

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
4						After all latkes have been fried, serve with your favorite vegan sour cream and applesauce.		

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	18 lb 4.88 oz	0 %	18 lb 4.88 oz	0 %	18 lb 4.88 oz
Size of portion	11.72 oz		11.72 oz		11.72 oz

ADDITIONAL INFO

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COSTS

	Ingredients	Other costs	Total
Total price	\$0.00	\$0.00	\$0.00
Price / lb	\$0.00	\$0.00	\$0.00
Price per ptn	\$0.00	\$0.00	\$0.00

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	RI	Calories	RI	Minerals		RI		
Total fat	5.10 g	32.23 %	7 %	139.81 kcal	7 %	Salt	0.63 g	10 %		
Saturated	0.44 g	2.75 %	2 %	584.98 kJ		Salt	0.63 %		Vitamins	
Monounsaturated	2.64 g	16.71 %		0.58 MJ		Sodium	249.29 mg		Vitamin A	8.58 µg
Polyunsaturated	1.42 g	9.01 %				Phosphorus	67.60 mg		Vitamin D	0.00 µg
Trans	0.02 g	0.10 %				Potassium	319.16 mg		Thiamine	0.12 mg
Cholesterol	0.00 mg					Iron	1.41 mg		Riboflavin	0.04 mg
Linolenic acid	0.98 g					Calcium	44.95 mg		Niacin	1.48 mg
Alpha-linolenic acid	376.49 mg					Zinc	0.20 mg		Vitamin B6	0.07 mg
Total Carbohydrate	19.22 g	55.85 %	7 %			Magnesium	11.21 mg		Vitamin B12	0.00 µg
Sugars	0.46 g	-0.08 %	1 %			Iodine	0.00 µg		Folate	9.95 µg
Sugar	0.00 g					Selenium	2.77 µg		Vitamin C	5.76 mg
Lactose	0.00 g					Copper	0.09 mg		Vitamin E	0.74 mg
Fiber	2.26 g	3.10 %							Vitamin K	10.10 µg
Organic acids	0.00 g	0.00 %								
Sugar alcohol	0.00 g	0.00 %							Others	
Starch	0.00 g	0.00 %							Water	60.75 g
Protein	4.82 g	14.00 %	10 %							
Alcohol	0.00 g	0.00 %								

CO2



0.05 kg

Comparable values

Snacks	0.30 kg
Main courses	0.42 kg
Desserts	0.19 kg

Comparable CO2 emissions per 100 g.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.