



## Recipe Production

**Recipe Number:** PF001

**Recipe Name:** GREEK EMPANADAS

**Hot:** Yes

**Recipe Source:** Plant Forward

**HACCP Process Category:**

Same Day

**Serving Description:** 1 empananda or 4.8 oz

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1 EMPANADA				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3561	CALZONE DOUGH 6.5" 80/2.3 OZ	100	CALZONE			(Unassigned)
2501	BEANS GARBANZO 6/10	7	Pound	8	Ounce	(Unassigned)
2544	SPINACH BABY 4 LB	6	Pound	4	Ounce	(Unassigned)
1505	CHEESE FETA 2/8 LB	6	Pound	4	Ounce	(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	1	Cup	8	Tbsp	(Unassigned)
1011	SALT KOSHER 12/3 LB	1	Tbsp			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	2	Ounce			(Unassigned)
1501	BUTTER SOLID UNSLTD	5	Ounce			(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	6	Cup			(Unassigned)

**Cooking Instructions**

**Cooking Temperature:** 0      **Cooking Times:**    **Hours:** 0      **Minutes:** 0

**Pre-Preparation Instructions**

Recipe Souce: Chef Ann Plant Forward  
 Drained, canned garbanzo beans yield 65%

**Preparation Instructions**

1. Thaw calzone dough for 1 - 2 hours so it's easier to work with.
2. While dough is thawing, melt butter on medium heat then add garlic and saute for 1 minute until fragrant.
3. Add spinach and saute 1 - 2 more minutes until spinach is wilted and has released it's liquid.
4. Drain spinach, pressing firmly to release more liquid.
5. Drain garbanzo beans and then puree.
6. Mix together beans, spinach, feta, lemon juice, and salt.
7. Preheat oven to 350 degrees.
8. Fill calzone dough with mixture using a #16 scoop.
9. Brush edge of dough with water to help seal then fold dough over and crimp to seal.
10. Place empanadas on sheet pans lined with 2 pieces of parchment, 20 empanadas per pan.
11. Brush tops of empanadas with oil and bake for 10 - 12 minutes until golden brown and filling reaches an internal temperature of 145 degrees.

**Serving Instructions**

1 serving is 1 empanada



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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	40,325.3721	252.6502	403.2537		
Saturated Fat	g	779.9318	4.8865	7.7993	17.41	
Sodium	mg	76,517.6243	479.4052	765.1762		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	2,550.8152	15.9816	25.5082	56.93	
Cholesterol	mg	2,827.9132	17.7177	28.2791		
Carbohydrate	g	3,337.6741	20.9115	33.3767	33.11	
Total Dietary Fiber	g	460.8565	2.8874	4.6086		
Protein	g	1,098.2091	6.8806	10.9821	10.89	
Vitamin A (RE)	RE	23,793.0520	149.0704	237.9305		*
Vitamin A (IU)	IU	281,813.6358	1,765.6445	2,818.1364		*
Vitamin C	mg	904.9699	5.6699	9.0497		*
Calcium	mg	17,647.3521	110.5658	176.4735		*
Iron	mg	133.4176	0.8359	1.3342		*
Moisture	g	5,756.4124	36.0656	57.5641		*
Ash	g	250.6508	1.5704	2.5065		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
3561	CALZONE DOUGH 6.5" 80/2.3 OZ	1.00	(Unassigned)	100	0.00	CALZONE	/
2501	BEANS GARBANZO 6/10	1.00	(Unassigned)	1	0.08	CAN (111 OZ)	/
2544	SPINACH BABY 4 LB	1.00	(Unassigned)	6	0.25	LB	/
1505	CHEESE FETA 2/8 LB	1.00	(Unassigned)	6	0.25	LB	/
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	0	0.38	CONT (32 FL (	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.01	BOX (3 LB)	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.12	LB	/
1501	BUTTER SOLID UNSLTD	1.00	(Unassigned)	0	0.31	LB	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.14	CONTAINER (	/

**REPORT CRITERIA:**

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