

# BAKED PENNE BOLOGNESE

Made with Hungry Planet Italian Sausage™



Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	13.96 oz

Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
<b>1</b> Vegan, Sausage, Italian, Hungry Planet	3 1/8 qt	6 lb 4.00 oz	6 lb 4.00 oz	In a suitable size sauce pot, heat the oil to smoking. Add sausage ad saute for 5-6 minutes. Stir and scrape the bottom frequently.
Oil, olive, salad or cooking	~ 1 cup	0 lb 6.25 oz	0 lb 6.25 oz	

Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
<b>2</b> Garlic, raw	3 1/2 tbsp	0 lb 1.04 oz	0 lb 1.04 oz	Add garlic, onion, and oregano and saute for 5 minutes.
Onions, raw, 1/4" chopped	~ 1 pt	0 lb 7.81 oz	0 lb 8.62 oz	
Spices, oregano, dried	~ 1/2 cup	0 lb 1.59 oz	0 lb 1.59 oz	

Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
<b>3</b> Tomato products, canned, puree, with salt added	~ 2 qt	4 lb 2.67 oz	4 lb 2.67 oz	Add tomato puree, fennel, vegetable stock, salt, and pepper. Simmer slowly for 1/2 hour.
Spices, fennel seed	~ 1/4 cup	0 lb 1.04 oz	0 lb 1.04 oz	
Soup, vegetable broth, ready to serve	~ 1 1/3 pt	1 lb 4.28 oz	1 lb 4.28 oz	
Salt, kosher	2 1/8 tsp	0 lb 0.20 oz	0 lb 0.20 oz	
Spices, pepper, black	~ 1 tsp	0 lb 0.08 oz	0 lb 0.08 oz	

Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
<b>4</b> Pasta, cooked, enriched, with added salt	1.563 gal	8 lb 9.50 oz	8 lb 9.50 oz	Toss noodles with sauce and basil. Put pasta in a baking dish. Top with vegan parmesan, cover and bake 30 minutes at 350°F. Remove cover and bake for an additional 10 minutes.
Basil, fresh, chopped	~ 1/4 cup	0 lb 0.36 oz	0 lb 0.36 oz	
Vegan, cheese, parmesan	~ 1 pt	0 lb 6.25 oz	0 lb 6.25 oz	

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## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	21 lb 13.08 oz	0 %	21 lb 13.08 oz	0 %	21 lb 13.08 oz
Size of portion	13.96 oz		13.96 oz		13.96 oz

## NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
Fat	2.27 g	22.85 %	87.74 kcal	Salt	0.33 g	
Saturated	0.33 g	3.37 %	367.13 kJ	Salt	0.33 %	Vitamins
Monounsaturated	1.40 g	14.08 %	0.37 MJ	Sodium	130.49 mg	Vitamin A
Polyunsaturated	0.35 g	3.51 %		Phosphorus	33.28 mg	Vitamin D
Trans	0.00 g	0.00 %		Potassium	114.60 mg	Thiamine
Cholesterol	0.00 mg			Iron	1.09 mg	Riboflavin
Linolenic acid	0.32 g			Calcium	17.88 mg	Niacin
Alpha-linolenic acid	12.32 mg			Zinc	0.30 mg	Vitamin B6
Carbohydrate	14.40 g	66.69 %		Magnesium	14.03 mg	Vitamin B12
Sugars	1.20 g	5.54 %		Iodine	0.00 µg	Folic acid
Sugar	0.00 g			Selenium	10.60 µg	Vitamin C
Lactose	0.00 g			Copper	0.10 mg	Vitamin E
Fibre	1.40 g	3.04 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Others
Starch	10.25 g	47.44 %				Water
Protein	2.72 g	12.61 %				47.20 g
Alcohol	0.00 g	0.00 %				