

CHORIZO AND FIG CROSTINI

Made with Hungry Planet Chorizo™



Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	3.38 oz

Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
1 Vinegar, sherry	1 1/4 pt	1 lb 4.88 oz	1 lb 4.88 oz	Reduce sherry vinegar to a glaze (about 5 teaspoons). Reserve.

Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
2 Bread, french or vienna (includes sourdough)	5.9 ea	1 lb 9.00 oz	1 lb 9.00 oz	Slice French bread into 1 ounce slices.

Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
3 Figs, raw	6.3 ea	0 lb 11.57 oz	0 lb 11.57 oz	Grill figs quickly to char slightly, cut each fig into 1/4's. Reserve.

Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
4 Hungry Planet, sausage, chorizo		1 lb 9.00 oz	1 lb 9.00 oz	Form chorizo into a sausage. Saute for 3-5 minutes over med-high heat.
Vegan, mayonnaise	~ 1/4 cup	0 lb 2.02 oz	0 lb 2.02 oz	Slice sausage. Pipe a dollop of mayo on the baguette. Top with sausage, drizzle with reduce sherry vinegar. Top with grilled fig.

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	5 lb 4.47 oz	0 %	5 lb 4.47 oz	0 %	5 lb 4.47 oz
Size of portion	3.38 oz		3.38 oz		3.38 oz

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NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals			
Fat	0.76 g	6.97 %	96.03 kcal	Salt	0.45 g		
Saturated	0.17 g	1.52 %	401.82 kJ	Salt	0.45 %	Vitamins	
Monounsaturated	0.12 g	1.07 %	0.40 MJ	Sodium	179.54 mg	Vitamin A	0.96 µg
Polyunsaturated	0.27 g	2.52 %		Phosphorus	34.97 mg	Vitamin D	0.00 µg
Trans	0.00 g	0.03 %		Potassium	84.46 mg	Thiamine	0.22 mg
Cholesterol	0.00 mg			Iron	1.26 mg	Riboflavin	0.13 mg
Linolenic acid	0.25 g			Calcium	21.92 mg	Niacin	1.48 mg
Alpha-linolenic acid	18.65 mg			Zinc	0.34 mg	Vitamin B6	0.05 mg
Carbohydrate	18.21 g	77.05 %		Magnesium	13.04 mg	Vitamin B12	0.00 µg
Sugars	3.69 g	15.63 %		Iodine	0.00 µg	Folic acid	19.83 µg
Sugar	0.00 g			Selenium	8.52 µg	Vitamin C	0.27 mg
Lactose	0.00 g			Copper	0.06 mg	Vitamin E	0.08 mg
Fibre	1.05 g	2.09 %				Vitamin K	0.85 µg
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %					
Starch	13.09 g	55.38 %				Others	
Protein	3.28 g	13.90 %				Water	43.79 g
Alcohol	0.00 g	0.00 %					