FRIED RICE

Made with Hungry Planet Pork™

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	8.23 oz

	Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
1	Oil, canola	2 1/2 tbsp	0 lb 1.20 oz	0 lb 1.20 oz	Combine the canola and sesame oil. Heat 1/2 of the oil over high heat.
	Oil, sesame, salad or cooking	2 1/2 tbsp	0 lb 1.20 oz	0 lb 1.20 oz	

	Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
2	Vegan, pork, Hungry Planet		2 lb 8.00 oz	2 lb 8.00 oz	Break pork into bite-size pieces and stir-fry in the smoking hot oil until lightly browned, about 3 minutes. Remove from pan.

	Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
3	Spice, red pepper flakes	1 1/4 tsp	0 lb 0.07 oz	0 lb 0.07 oz	Add remaining oil to pan. Add red pepper flakes, garlic, ginger, and scallions. Stir-fry for 1 minute.
	Garlic, raw *Minced*	2 1/2 tsp	0 lb 0.25 oz	0 lb 0.25 oz	
	Ginger root, raw *Minced*	1 2/3 tbsp	0 lb 0.35 oz	0 lb 0.35 oz	
	Onions, scallions, chopped	1 1/4 cup	0 lb 2.50 oz	0 lb 2.50 oz	

	Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
4	Rice, white, medium-grain, enriched, cooked	3 3/4 qt	6 lb 2.41 oz	6 lb 2.41 oz	Add cooked rice and stir-fry until rice is hot.

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	Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
5	Peas and carrots, frozen, unprepared	2 qt	2 lb 8.00 oz	2 lb 8.00 oz	Add peas & carrots, soy sauce, chopped scrambled eggs, and the stir-fried pork. Stir-fry until hot.
	Soy sauce made from hydrolyzed vegetable protein	~ 1 cup	0 lb 6.75 oz	0 lb 6.75 oz	
	Egg, whole, raw, fresh	7.5 ea	0 lb 15.00 oz	0 lb 15.00 oz	
	Scrambled and chopped				

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	12 lb 13.74 oz	0 %	12 lb 13.74 oz	0 %	12 lb 13.74 oz
Size of portion	8.23 oz		8.23 oz		8.23 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy
Fat	2.08 g	19.20 %
Saturated	0.40 g	3.71 %
Monounsaturated	0.91 g	8.44 %
Polyunsaturated	0.63 g	5.79 %
Trans	0.01 g	0.05 %
Cholesterol	27.12 mg	
Linolenic acid	0.53 g	
Alpha-linolenic acid	55.98 mg	
Carbohydrate	16.24 g	68.98 %
Sugars	0.08 g	0.33 %
Sugar	0.00 g	
Lactose	0.00 g	
Fibre	0.84 g	1.67 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	0.00 g	0.00 %
Protein	2.96 g	12.57 %
Alcohol	0.00 g	0.00 %

Energy	
	95.68 kcal
	400.34 kJ
	0.40 MJ

Minerals	
Salt	0.62 g
Salt	0.62 %
Sodium	249.56 mg
Phosphorus	47.23 mg
Potassium	78.21 mg
Iron	1.07 mg
Calcium	11.62 mg
Zinc	0.41 mg
Magnesium	11.70 mg
Iodine	0.00 µg
Selenium	6.11 µg
Copper	0.04 mg

Vitamins	
Vitamin A	104.73 µg
Vitamin D	0.15 µg
Thiamine	0.12 mg
Riboflavin	0.06 mg
Niacin	1.26 mg
Vitamin B6	0.06 mg
Vitamin B12	0.06 µg
Folic acid	26.79 µg
Vitamin C	2.25 mg
Vitamin E	0.20 mg
Vitamin K	0.55 µg

Others	
Water	57.21 g

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CO2

0.00 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.