

PHILLY CHEESESTEAK

Made with Hungry Planet Beef™



Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	7.26 oz

Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
1 Vegan, beef, Hungry Planet	2 1/2 qt	5.00 lb	5.00 lb	Combine beef and caramelized onions. Season with salt and black pepper. Form into 4 oz patties.
<u>Caramelized Onions</u>		0 lb 12.66 oz	0 lb 12.66 oz	
Salt, kosher	1 2/3 tbsp	0 lb 0.49 oz	0 lb 0.49 oz	
Spices, pepper, black	2 1/2 tbsp	0 lb 0.60 oz	0 lb 0.60 oz	

1.1.1 SUB-RECIPE: CARMELIZED ONIONS

Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
Onions, raw	3 # qt	2 lb 5.48 oz	2 lb 14.85 oz	Saute onions in the olive oil over medium high heat, stirring frequently until onions are dark, about 15 minutes. Season with kosher salt.
Oil, olive, extra virgin	2.08 fl oz	0 lb 1.98 oz	0 lb 1.98 oz	
Salt, kosher	1 tsp	0 lb 0.10 oz	0 lb 0.10 oz	

Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
2 Oil, canola	~ 1 cup	0 lb 7.21 oz	0 lb 7.21 oz	Sear patties in hot oil for 2 minutes.
Vegan, cheese, cheddar	20.8 ea	0 lb 12.50 oz	0 lb 12.50 oz	Turn over, top with cheese and sear for 2 minutes.

Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
3 Bun, burger	25.0 ea	2 lb 5.50 oz	2 lb 5.50 oz	Toast buns and spread with mayo.
<u>Secret Sauce</u>		1 lb 7.00 oz	1 lb 7.00 oz	Place pickle slices on bottom.
Pickles, cucumber, dill or kosher dill <i>sliced VERY thin</i>	2.0 ea	0 lb 2.50 oz	0 lb 2.50 oz	Top with burger, tomato and bun.
Tomatoes, red, ripe, raw, year round average <i>sliced</i>	~ 1 cup	0 lb 5.00 oz	0 lb 5.00 oz	

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3.1.1 SUB-RECIPE: SECRET SAUCE

Name of ingredient	Capacity measure	Raw weight	Purchase weight	Methods
Mayonnaise	1 ¼ pt	1 lb 3.50 oz	1 lb 3.50 oz	Puree 1/2 of the ketchup with all of the doenjang until smooth.
Catsup	2.5 fl oz	0 lb 2.65 oz	0 lb 2.65 oz	Add remaining ingredients and process until smooth using a food processor.
Doenjang	2 ½ tbsp	0 lb 0.85 oz	0 lb 0.85 oz	

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	11 lb 5.45 oz	0 %	11 lb 5.45 oz	0 %	11 lb 5.45 oz
Size of portion	7.26 oz		7.26 oz		7.26 oz

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NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals			
Fat	15.14 g	56.70 %	236.15 kcal	Salt	0.80 g		
Saturated	1.85 g	6.91 %	988.06 kJ	Salt	0.80 %	Vitamins	
Monounsaturated	5.21 g	19.50 %	0.99 MJ	Sodium	440.62 mg	Vitamin A	3.43 µg
Polyunsaturated	6.25 g	23.40 %		Phosphorus	31.31 mg	Vitamin D	0.02 µg
Trans	0.04 g	0.16 %		Potassium	75.19 mg	Thiamine	0.12 mg
Cholesterol	4.51 mg			Iron	1.13 mg	Riboflavin	0.07 mg
Linolenic acid	5.26 g			Calcium	149.79 mg	Niacin	0.99 mg
Alpha-linolenic acid	953.56 mg			Zinc	0.26 mg	Vitamin B6	0.05 mg
Carbohydrate	15.47 g	26.62 %		Magnesium	8.70 mg	Vitamin B12	0.01 µg
Sugars	2.43 g	4.19 %		Iodine	0.00 µg	Folic acid	10.13 µg
Sugar	0.00 g			Selenium	3.70 µg	Vitamin C	2.00 mg
Lactose	0.00 g			Copper	0.05 mg	Vitamin E	1.33 mg
Fibre	4.59 g	3.72 %				Vitamin K	23.72 µg
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.40 g	0.40 %				Others	
Starch	5.63 g	9.69 %				Water	33.86 g
Protein	11.01 g	18.95 %					
Alcohol	0.00 g	0.00 %					

CO2



0.02 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.