

Hungry Planet Southwest Chicken Salad Homemade

Recipe group	Additional name	Diet factors	Portions	Portion size
SALADS	Hungry Planet		25	15.71 oz

1 CHICKEN PATTY

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Southwest Chipotle Chicken Patty™	25.0 ea	6 lb 4.00 oz	In a medium nonstick skillet, cook patties as instructed on package. Transfer browned patties to cutting board and slice each patty into 1/4" strips; set aside.
Oil, olive	18 3/4 tbsp	0 lb 8.93 oz	

2 ROASTED SWEET CORN

Name of ingredient	Capacity measure	EP	Methods
Corn, canned <i>Drained</i>	~ 1 1/2 pt	0 lb 14.99 oz	Combine drained corn with olive oil, smoked paprika, and kosher salt. Roast at 400°F.
Oil, olive	4 2/3 tsp	0 lb 0.74 oz	
Spices, paprika, smoked	3/4 tsp	0 lb 0.06 oz	
Salt, kosher, Diamond Crystal	3/4 tsp	0 lb 0.07 oz	

3 SALAD

Name of ingredient	Capacity measure	EP	Methods
Lettuce, romaine, shredded	3.125 gal	8 lb 4.28 oz	Lightly toss the romaine, black beans, green onions, cilantro, and tomatoes together.
Beans, black, canned	~ 1 1/2 pt	1 lb 10.46 oz	
Green onions, tops only, chopped	~ 1 1/2 cup	0 lb 3.91 oz	
Cilantro, fresh, chopped	1 qt	0 lb 2.28 oz	
Tomatoes, diced	~ 1 1/2 qt	2 lb 3.62 oz	



4 CILANTRO RANCH DRESSING

Name of ingredient	Capacity measure	EP	Methods
Vegan Mayonnaise	~ 1 1/2 pt	1 lb 10.46 oz	Blend vegan mayonnaise, vegan sour cream, vegan Worcestershire, vinegar, cilantro, scallions, parsley, cayenne pepper, and paprika in a blender until smooth.
Vegan sour cream	~ 1 1/2 cup	0 lb 12.68 oz	
Vegan Worcestershire sauce	1 1/4 tbsp	0 lb 0.75 oz	
Vinegar, white	~ 2 1/3 tbsp	0 lb 1.25 oz	
Cilantro, fresh, chopped	28 1/3 tbsp	0 lb 1.00 oz	
Onion, scallion	3 tsp	0 lb 0.12 oz	
Parsley, Italian, fresh, chopped	~ 1 cup	0 lb 1.62 oz	
Spices, pepper, red or cayenne	3/4 tsp	0 lb 0.05 oz	
Spices, garlic powder	3 1/8 tsp	0 lb 0.24 oz	

5 ASSEMBLY

Name of ingredient	Capacity measure	EP	Methods
Avocados, sliced	~ 1 1/2 pt	1 lb 0.09 oz	Toss lettuce mixture with Cilantro Ranch Dressing and arrange on plates or a platter. Garnish salad with avocado slices and tortilla strips. Arrange cooked chicken on top.
Corn tortilla strips	~ 1 5/8 qt	0 lb 7.05 oz	

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	24 lb 8.67 oz	0 %	24 lb 8.67 oz	0 %	24 lb 8.67 oz
Size of portion	15.71 oz		15.71 oz		15.71 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
Fat	4.69 g	47.30 %	87.72 kcal	Salt	0.13 g	
Saturated	0.51 g	5.12 %	367.01 kJ	Salt	0.13 %	Vitamins
Monounsaturated	2.37 g	23.93 %	0.37 MJ	Sodium	176.72 mg	Vitamin A
Polyunsaturated	0.59 g	5.93 %		Phosphorus	29.02 mg	Vitamin D
Trans	0.00 g	0.01 %		Potassium	242.07 mg	Thiamine
Cholesterol	0.00 mg			Iron	1.10 mg	Riboflavin
Linolenic acid	0.52 g			Calcium	31.62 mg	Niacin
Alpha-linolenic acid	11.15 mg			Zinc	0.21 mg	Vitamin B6
Carbohydrate	6.71 g	31.07 %		Magnesium	11.98 mg	Vitamin B12
Sugars	0.87 g	4.03 %		Iodine	0.00 µg	Folic acid
Sugar	0.00 g			Selenium	0.45 µg	Vitamin C
Lactose	0.00 g			Copper	0.05 mg	Vitamin E
Fibre	2.56 g	5.58 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Others
Starch	1.59 g	7.37 %				Water
Protein	5.57 g	25.82 %				
Alcohol	0.00 g	0.00 %				

CO2



0.03 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.