

# Hungry Planet® Sweet Heat BBQ Chicken Pizza



Recipe group	Additional name	Diet factors	Portions	Portion size
-	Fresh Ideas		25	9.77 oz

Name of ingredient	Capacity measure	EP	Methods
<b>1</b>			Preheat oven to 425°F.
<b>2</b>			
Hungry Planet Chicken™ <i>thaw</i>	3 5/8 qt	6 lb 4.00 oz	In large mixing bowl combine chicken with smoked paprika, cayenne, salt, pepper, garlic powder.
Smoked paprika	~ 2 tbsp	0 lb 0.50 oz	
Cayenne pepper	2 1/8 tsp	0 lb 0.13 oz	
Salt, kosher, Diamond Crystal	~ 1 1/3 tbsp	0 lb 0.41 oz	
Spices, pepper, black	2 1/8 tsp	0 lb 0.17 oz	
Spices, garlic powder	2 1/4 tbsp	0 lb 0.52 oz	
<b>3</b>			
Pizza crust, individual	25.0 ea	3 lb 14.61 oz	Assemble pizza. Start with crust, add 2 tbsp bbq sauce, and small chunks of "raw chicken", 2 tbsp pineapples, 2 tbsp onion, 1 tsp jalapeno, and 2 tbsp vegan mozzarella. Bake pizza for 9 minutes.
Sauce, barbecue	~ 1 1/2 pt	1 lb 14.75 oz	
Pineapple slices, grilled, chopped	~ 1 1/2 pt	1 lb 12.00 oz	
Jalapenos, chopped	~ 1/2 cup	0 lb 2.76 oz	
<i>4 tbsp</i>			
Vegan cheese, shredded	~ 1 1/2 pt	0 lb 12.50 oz	
Onion, red, raw, sliced <i>slice thin</i>	~ 1 cup	0 lb 3.53 oz	
<b>4</b>			
Cilantro, fresh, chopped	1 qt	0 lb 2.28 oz	Top pizza with 1 tbsp fresh cilantro. Repeat for all pizzas. Serve hot.

RECIPE IMAGES



**ALLERGENS**

 GLUTEN,  SOYA

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	15 lb 4.16 oz	0 %	15 lb 4.16 oz	0 %	15 lb 4.16 oz
Size of portion	9.77 oz		9.77 oz		9.77 oz

**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		Vitamins	
<b>Fat</b>	1.77 g	20.13 %	77.65 kcal	Salt	0.49 g		
Saturated	0.02 g	0.18 %	324.91 kJ	Sodium	395.64 mg	Vitamin A	11.33 µg
Monounsaturated	0.02 g	0.22 %	0.32 MJ	Phosphorus	5.47 mg	Vitamin D	0.00 µg
Polyunsaturated	0.04 g	0.41 %		Potassium	171.09 mg	Thiamine	0.01 mg
Trans	0.00 g	0.00 %		Iron	0.95 mg	Riboflavin	0.01 mg
Cholesterol	0.00 mg			Calcium	26.79 mg	Niacin	0.13 mg
Linolenic acid	0.03 g			Zinc	0.05 mg	Vitamin B6	0.03 mg
Alpha-linolenic acid	4.27 mg			Magnesium	2.92 mg	Vitamin B12	0.00 µg
<b>Carbohydrate</b>	8.59 g	44.92 %		Iodine	0.00 µg	Folic acid	0.00 µg
Sugars	4.34 g	22.68 %		Selenium	0.26 µg	Vitamin C	1.82 mg
Sugar	0.00 g			Copper	0.02 mg	Vitamin E	0.24 mg
Lactose	0.00 g					Vitamin K	3.66 µg
<b>Fibre</b>	1.55 g	3.81 %					
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	10.13 g
Starch	0.04 g	0.23 %					
<b>Protein</b>	7.19 g	37.62 %					
Alcohol	0.00 g	0.00 %					

## 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.