

Hungry Planet® Homemade BBQ Pulled Pork

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	13.11 oz

1 BBQ PULLED PORK

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Pork™	3 1/8 qt	6 lb 4.00 oz	Break Hungry Planet Pork into irregular pieces and place on an oiled baking sheet.



Name of ingredient	Capacity measure	EP	Methods
2 Seasoning salt, Lawry's	12 1/2 tsp	0 lb 2.20 oz	Season with seasoning salt and place into a 425°F oven for 8-10 minutes.

Name of ingredient	Capacity measure	EP	Methods
3 Sauce, barbecue	3 1/8 qt	7 lb 11.02 oz	Mix roasted pork with barbecue sauce. Place in a baking pan, cover and bake for 20-30 minutes at 350°F or until heated through.

4 ASSEMBLING THE SANDWICH

Name of ingredient	Capacity measure	EP	Methods
Rolls, sub, 6"	25.0 ea	4 lb 1.00 oz	Split rolls and toast lightly. Fill with pulled pork and top with coleslaw.
Restaurant, family style, coleslaw	2 1/3 qt	2 lb 5.50 oz	

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	20 lb 7.72 oz	0 %	20 lb 7.72 oz	0 %	20 lb 7.72 oz
Size of portion	13.11 oz		13.11 oz		13.11 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives			Energy		Minerals	
		% of energy				
Fat	3.66 g	17.91 %	180.56 kcal	Salt	1.30 g	
Saturated	0.36 g	1.75 %	755.50 kJ	Salt	1.30 %	Vitamins
Monounsaturated	0.55 g	2.69 %	0.76 MJ	Sodium	588.87 mg	Vitamin A
Polyunsaturated	1.17 g	5.73 %		Phosphorus	30.20 mg	Vitamin D
Trans	0.01 g	0.03 %		Potassium	217.55 mg	Thiamine
Cholesterol	0.92 mg			Iron	1.50 mg	Riboflavin
Linolenic acid	1.04 g			Calcium	50.38 mg	Niacin
Alpha-linolenic acid	103.66 mg			Zinc	0.27 mg	Vitamin B6
Carbohydrate	29.31 g	65.94 %		Magnesium	11.38 mg	Vitamin B12
Sugars	13.92 g	31.32 %		Iodine	0.00 µg	Folic acid
Sugar	0.00 g			Selenium	8.46 µg	Vitamin C
Lactose	0.00 g			Copper	0.06 mg	Vitamin E
Fibre	1.93 g	2.04 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Others
Starch	0.14 g	0.31 %				Water
Protein	7.56 g	17.01 %				
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.