

Hungry Planet® Rainbow Teriyaki Chicken Kabobs

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	10.52 oz

Name of ingredient	Capacity measure	EP	Methods
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1

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2 Soy sauce, low sodium ~ 1 1/3 cup 0 lb 12.37 oz Add soy sauce, pineapple Juice, vinegar, brown sugar, olive oil, garlic, and ground ginger into a bowl and mix until fully incorporated.

Orange Pineapple Juice Blend ~ 1 cup 0 lb 9.04 oz

Rice Wine Vinegar ~ 1 cup 0 lb 8.76 oz

Brown sugar, packed ~ 1 cup 0 lb 8.08 oz

Olive oil, extra virgin ~ 1 cup 0 lb 7.94 oz

Garlic clove, finely minced ~ 1/3 cup 0 lb 1.50 oz

Spices, ginger, ground 2 1/8 tsp 0 lb 0.17 oz

Name of ingredient	Capacity measure	EP	Methods
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3 Onion, yellow, medium 4.2 ea 1 lb 0.17 oz Cut onion, pineapple, red and yellow peppers into large chunks.

Peppers, red bell, medium 6.3 ea 1 lb 10.24 oz

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Pineapple, raw, all varieties 2.1 ea 4 lb 2.51 oz

Need about one cup of pineapple chunks



Name of ingredient	Capacity measure	EP	Methods
4 Hungry Planet Chicken™	~ 2 3/8 qt	4 lb 2.67 oz	Cut and form Hungry Planet Chicken into small balls. Make skewers adding the peppers, onion, pineapple and Hungry Planet Chicken in alternating patterns. Add skewers to a medium-high heated grill and brush the sauce created in step one over the kabobs while they are cooking. Cook until Hungry Planet Chicken is golden brown and peppers, onions and pineapples are lightly charred.

Name of ingredient	Capacity measure	EP	Methods
5 Cilantro, fresh, chopped	1 1/3 pt	0 lb 1.52 oz	Garnish with chopped fresh cilantro and serve with sweet chili dipping sauce.
Sweet Chili Dipping Sauce		0 lb 11.77 oz	

5.1.1 SUB-RECIPE: SWEET CHILI DIPPING SAUCE

Name of ingredient	Capacity measure	EP	Methods
Chili Garlic Sauce		0.00 oz	Add all ingredients into a small bowl and mix until completely blended.
Honey	1 cup	0 lb 9.34 oz	
Lime juice, raw	2.08 fl oz	0 lb 2.22 oz	
Salt, kosher, Diamond Crystal	2 1/8 tsp	0 lb 0.20 oz	

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	16 lb 6.95 oz	0 %	16 lb 6.95 oz	0 %	16 lb 6.95 oz
Size of portion	10.52 oz		10.52 oz		10.52 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals			
Fat	4.14 g	38.69 %	94.58 kcal	Salt	0.08 g		
Saturated	0.43 g	4.02 %	395.75 kJ	Salt	0.08 %	Vitamins	
Monounsaturated	2.21 g	20.64 %	0.40 MJ	Sodium	156.30 mg	Vitamin A	34.09 µg
Polyunsaturated	0.34 g	3.22 %		Phosphorus	10.15 mg	Vitamin D	0.00 µg
Trans	0.00 g	0.00 %		Potassium	166.65 mg	Thiamine	0.04 mg
Cholesterol	0.00 mg			Iron	0.72 mg	Riboflavin	0.03 mg
Linolenic acid	0.31 g			Calcium	20.09 mg	Niacin	0.35 mg
Alpha-linolenic acid	0.14 mg			Zinc	0.11 mg	Vitamin B6	0.10 mg
Carbohydrate	10.36 g	44.49 %		Magnesium	6.85 mg	Vitamin B12	0.00 µg
Sugars	6.89 g	29.61 %		Iodine	0.00 µg	Folic acid	0.00 µg
Sugar	0.00 g			Selenium	0.17 µg	Vitamin C	39.85 mg
Lactose	0.00 g			Copper	0.04 mg	Vitamin E	0.77 mg
Fibre	1.68 g	3.40 %				Vitamin K	4.80 µg
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	53.70 g
Starch	0.00 g	0.00 %					
Protein	4.76 g	20.44 %					
Alcohol	0.00 g	0.00 %					