

Hungry Planet® Italian Sausage Meatball Sub

Recipe group	Additional name	Diet factors	Portions	Portion size
SANDWICHES			25	8.08 oz


Name of ingredient	Capacity measure	EP	Methods
1 Hungry Planet Italian Sausage™	1.042 gal	4 lb 2.67 oz	Form Hungry Planet Italian Sausage™ into 12 meatballs. Saute in non-stick skillet in 2 tablespoons of olive oil, until golden. Keep warm.
Oil, olive, salad or cooking	~ 1 cup	0 lb 7.94 oz	
2 PEPPERIDGE FARM, White Hoagie Roll	16.7 ea	2 lb 8.17 oz	Brush remaining olive oil inside hollowed hoagie buns. Fill bottom of bun with mozzarella, place on baking sheet.
<i>hollowed</i>			
Vegan mozzarella cheese, shredded	~ 1 pt	0 lb 8.33 oz	
<i>shredded</i>			
3 Sauce, pasta, spaghetti/marinara, ready-to-serve	2 1/8 qt	4 lb 9.49 oz	Bake at 450° until cheese melts. Fill buns with hot tomato sauce, top with meatballs, top subs with more sauce and sprinkle with grated parmesan cheese.
Vegan parmesan, dry, grated	25 tbsp	0 lb 5.47 oz	
4			Serve with your favorite Italian salad.

RECIPE IMAGES



Meatball Sub

ALLERGENS

 SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	12 lb 10.06 oz	0 %	12 lb 10.06 oz	0 %	12 lb 10.06 oz
Size of portion	8.08 oz		8.08 oz		8.08 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
Fat	7.40 g	42.34 %	154.51 kcal	Salt	0.58 g	
Saturated	1.12 g	6.41 %	646.50 kJ	Salt	0.58 %	Vitamins
Monounsaturated	3.35 g	19.19 %	0.65 MJ	Sodium	352.85 mg	Vitamin A
Polyunsaturated	1.43 g	8.20 %		Phosphorus	12.37 mg	Vitamin D
Trans	0.00 g	0.02 %		Potassium	291.29 mg	Thiamine
Cholesterol	0.73 mg			Iron	2.14 mg	Riboflavin
Linolenic acid	0.60 g			Calcium	65.27 mg	Niacin
Alpha-linolenic acid	29.82 mg			Zinc	0.07 mg	Vitamin B6
Carbohydrate	15.42 g	40.55 %		Magnesium	6.55 mg	Vitamin B12
Sugars	2.74 g	7.20 %		Iodine	0.00 µg	Folic acid
Sugar	0.00 g			Selenium	0.51 µg	Vitamin C
Lactose	0.00 g			Copper	0.03 mg	Vitamin E
Fibre	3.53 g	4.37 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Others
Starch	0.00 g	0.00 %				Water
Protein	6.12 g	16.08 %				38.68 g
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.