Hungry Planet® Pork Noodles with Hot Bean Sauce

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	9.56 oz

	Name of ingredient	Capacity measure	EP	Methods
1	Pasta, fettucine, dry, enriched		6 lb 4.00 oz	Boil pasta, drain, toss with oil and set aside.

	Name of ingredient	Capacity measure	EP	Methods
2	Sauce, gochujang	31 1/4 tbsp	0 lb 15.62 oz	Combine the gochujang and sugar.
	Sugars, granulated	12 1/2 tsp	0 lb 1.84 oz	

	Name of ingredient	Capacity measure	EP	Methods
3	Oil, canola	19 tbsp	0 lb 9.02 oz	On a hot wok, stir fry the ginger for 30 seconds.
	Ginger root, raw *Chopped*	~ 1 1/2 cup	0 lb 5.29 oz	

	Name of ingredient	Capacity measure	EP	Methods
4	Hungry Planet Pork™	3 1/8 qt	6 lb 4.00 oz	Add the pork and stir fry for about 3 minutes, breaking it up with a spatula. Cook a little longer to achieve a crispy texture.

	Name of ingredient	Capacity measure	EP	Methods
5				Add the bean sauce. Cook until mixed thoroughly.

	Name of ingredient	Capacity measure	EP	Methods
6	Onion, scallion *Thinly sliced*	~ 1 1/2 pt	0 lb 6.25 oz	Stir in the noodles, onions, and sesame. Cook two more minutes until noodles are hot. Serve immediately.
	Oil, sesame	6 1/4 tsp	0 lb 1.00 oz	

RECIPE IMAGES

ALLERGENS

GLUTEN, SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	14 lb 15.03 oz	0 %	14 lb 15.03 oz	0 %	14 lb 15.03 oz
Size of portion	9.56 oz		9.56 oz		9.56 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy
Fat	6.52 g	21.73 %
Saturated	0.46 g	1.53 %
Monounsaturated	2.63 g	8.76 %
Polyunsaturated	1.48 g	4.92 %
Trans	0.02 g	0.05 %
Cholesterol	0.00 mg	
Linolenic acid	1.12 g	
Alpha-linolenic acid	354.97 mg	
Carbohydrate	38.46 g	58.88 %
Sugars	3.62 g	5.54 %
Sugar	0.00 g	
Lactose	0.00 g	
Fibre	3.03 g	2.19 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	26.13 g	40.00 %
Protein	12.98 g	19.88 %
Alcohol	0.00 g	0.00 %

Energy
265.40 kcal
1,110.45 kJ
1.11 MJ

Minerals	
Salt	0.01 g
Salt	0.01 %
Sodium	275.94 mg
Phosphorus	80.79 mg
Potassium	235.22 mg
Iron	2.88 mg
Calcium	31.95 mg
Zinc	0.61 mg
Magnesium	23.65 mg
Iodine	0.00 µg
Selenium	26.48 µg
Copper	0.13 mg

Vitamins	
Vitamin A	1.31 µg
Vitamin D	0.00 µg
Thiamine	0.37 mg
Riboflavin	0.17 mg
Niacin	3.03 mg
Vitamin B6	0.06 mg
Vitamin B12	0.00 µg
Folic acid	91.62 µg
Vitamin C	0.60 mg
Vitamin E	0.73 mg
Vitamin K	8.21 µg

Others	
Water	8.24 g

CO2

0.01 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.