



Hungry Planet® Pork Spring Rolls

Recipe group	Additional name	Diet factors	Portions	Portion size
APPETIZERS	Hungry Planet		25	3.63 oz

Name of ingredient	Capacity measure	EP	Methods
1 Hungry Planet Pork™	~ 1 1/2 qt	3 lb 2.00 oz	Mix Hungry Planet® pork, ginger, coleslaw mix, Tom Yum, and cilantro together.
Ginger root, raw	16 2/3 tbsp	0 lb 3.53 oz	
<i>Minced</i>			
Coleslaw mix, raw	8 1/3 cup	1 lb 0.58 oz	
Sauce, Tom Yum, ready-to-eat	5 1/4 tbsp	0 lb 2.60 oz	
Cilantro	1 3/4 qt	0 lb 3.92 oz	

Name of ingredient	Capacity measure	EP	Methods
2 Wonton wrappers (includes egg roll wrappers)	50.0 ea	0 lb 14.11 oz	Place 3 Tbsp filling on a spring roll wrapper. Roll very tight and use water to seal wrapper edges. Deep-fry in 350°F for 2-4 minutes or until golden.

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	5 lb 10.74 oz	0 %	5 lb 10.74 oz	0 %	5 lb 10.74 oz
Size of portion	3.63 oz		3.63 oz		3.63 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals			
Fat	2.53 g	17.59 %	127.26 kcal 532.47 kJ 0.53 MJ	Salt	0.24 g		
Saturated	0.05 g	0.38 %		Salt	0.24 %	Vitamins	
Monounsaturated	0.05 g	0.35 %	Sodium	331.95 mg	Vitamin A	16.26 µg	
Polyunsaturated	0.12 g	0.83 %	Phosphorus	20.19 mg	Vitamin D	0.00 µg	
Trans	0.00 g	0.00 %	Potassium	261.63 mg	Thiamine	0.09 mg	
Cholesterol	1.40 mg		Iron	1.77 mg	Riboflavin	0.07 mg	
Linolenic acid	0.10 g		Calcium	46.96 mg	Niacin	0.97 mg	
Alpha-linolenic acid	0.00 mg		Zinc	0.18 mg	Vitamin B6	0.04 mg	
Carbohydrate	15.06 g	48.09 %	Magnesium	8.64 mg	Vitamin B12	0.00 µg	
Sugars	0.24 g	0.76 %	Iodine	0.00 µg	Folic acid	10.73 µg	
Sugar	0.00 g		Selenium	4.62 µg	Vitamin C	10.68 mg	
Lactose	0.00 g		Copper	0.05 mg	Vitamin E	0.12 mg	
Fibre	2.59 g	3.89 %			Vitamin K	13.38 µg	
Organic acids	0.00 g	0.00 %			Others		
Sugar alcohol	0.00 g	0.00 %			Water	28.43 g	
Starch	0.00 g	0.00 %					
Protein	11.33 g	36.18 %					
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.