

Hungry Planet® Chicken Gyro (Schawarma) Pita

Recipe group	Additional name	Diet factors	Portions	Portion size
SANDWICHES	RDS		25	11.27 oz

Name of ingredient	Capacity measure	EP	Methods
1			

Name of ingredient	Capacity measure	EP	Methods
2 Oil, olive, salad or cooking	2 1/2 tbsp	0 lb 1.19 oz	Heat olive oil and saute onion until brown. Cool.
Onions, finely chopped <i>minced</i>	1 1/4 cup	0 lb 5.56 oz	

3 GYRO (SCHAWARMA) MEAT

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Chicken™		5.00 lb	GYRO MEAT
Garlic, raw	2 2/3 tbsp	0 lb 0.80 oz	Combine chilled onions with remaining chicken gyro ingredients. Spread 1" thick into a baking pan. Bake, covered, at 375°F for 7-8 minutes.
Lemon zest	2 1/2 tbsp	0 lb 0.53 oz	
Mustard, dijon	1 3/4 tsp	0 lb 0.29 oz	When cool, slice and saute in oil in a very hot pan.
Spices, thyme, dried, whole leaf	2 1/2 tsp	0 lb 0.08 oz	
Spices, oregano, dried	2 5/8 tsp	0 lb 0.17 oz	
Spices, rosemary, dried <i>crushed</i>	~ 2 tsp	0 lb 0.05 oz	
Dill weed, fresh, chopped	1 1/4 tsp	0 lb 0.05 oz	
Parsley, fresh	2 5/8 tsp	0 lb 0.10 oz	
Salt, kosher, Diamond Crystal	2 1/2 tsp	0 lb 0.24 oz	
Water	1 1/4 cup	0 lb 10.00 oz	



4 GYRO (SCHAWARMA) BUILD

Name of ingredient	Capacity measure	EP	Methods
Bread, pita, white, enriched	25.0 ea	3 lb 4.50 oz	GYRO BUILD Place each pita on a plate and spread with hummus. Top with shredded lettuce and diced tomatoes. Add chicken to top of pitas and garnish with red onion, olives, and fresh mint. Top with tzatziki and roll up.
Hummus, commercial	4 2/3 cup	2 lb 8.00 oz	
Lettuce, chopped	1 1/4 qt	0 lb 6.25 oz	
Tomatoes, red, ripe, raw, year round average <i>Chopped</i>	5.0 ea	0 lb 10.00 oz	
Onion, red, raw, sliced	3/4 cup	0 lb 2.50 oz	
Olives, kalamata <i>Coarsely chopped</i>	~ 1 cup	0 lb 3.75 oz	
Peppermint, fresh <i>Coarsely chopped</i>	~ 2/3 cup	0 lb 0.62 oz	
<u>Hungry Planet® Vegan Tzatziki Sauce</u>		4 lb 2.99 oz	

4.1.1 SUB-RECIPE: HUNGRY PLANET® VEGAN TZATZIKI SAUCE

Name of ingredient	Capacity measure	EP	Methods
Vegan Mayonnaise	1 1/4 pt	1 lb 5.38 oz	Combine all ingredients in a large bowl.
Vegan sour cream	1 1/4 pt	1 lb 4.49 oz	
Onions, finely chopped	2.53 fl oz	0 lb 1.40 oz	
Cucumber, chopped <i>finely chopped</i>	1 1/4 pt	0 lb 11.85 oz	
Garlic clove, finely minced <i>Finely minced</i>	3 tbsp	0 lb 0.91 oz	
Dill, fresh, whole pieces	2.53 fl oz	0 lb 0.10 oz	
Vinegar, red wine	2.53 fl oz	0 lb 2.66 oz	
Oil, olive	2.53 fl oz	0 lb 2.41 oz	
Lemon, juiced and zested	5.1 ea	0 lb 6.06 oz	
Peppermint, fresh	2 1/2 tsp	0 lb 0.05 oz	
Salt, kosher, Diamond Crystal	2 1/2 tsp	0 lb 0.25 oz	
Spices, pepper, black	1 1/2 tsp	0 lb 0.12 oz	

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	17 lb 9.69 oz	0 %	17 lb 9.69 oz	0 %	17 lb 9.69 oz
Size of portion	11.27 oz		11.27 oz		11.27 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals			
Fat	4.03 g	28.30 %	125.87 kcal 526.65 kJ 0.53 MJ	Salt	0.56 g		
Saturated	0.42 g	2.94 %		Salt	0.56 %	Vitamins	
Monounsaturated	1.53 g	10.74 %		Sodium	361.22 mg	Vitamin A	2.67 µg
Polyunsaturated	0.75 g	5.30 %		Phosphorus	46.06 mg	Vitamin D	0.00 µg
Trans	0.00 g	0.00 %		Potassium	160.89 mg	Thiamine	0.14 mg
Cholesterol	0.00 mg			Iron	1.50 mg	Riboflavin	0.07 mg
Linolenic acid	0.22 g			Calcium	40.32 mg	Niacin	0.98 mg
Alpha-linolenic acid	0.43 mg			Zinc	0.44 mg	Vitamin B6	0.05 mg
Carbohydrate	14.98 g	48.35 %		Magnesium	16.63 mg	Vitamin B12	0.00 µg
Sugars	0.45 g	1.44 %		Iodine	0.00 µg	Folic acid	15.47 µg
Sugar	0.00 g			Selenium	5.48 µg	Vitamin C	1.22 mg
Lactose	0.00 g			Copper	0.12 mg	Vitamin E	0.27 mg
Fibre	2.30 g	3.50 %				Vitamin K	2.92 µg
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	28.70 g
Starch	0.00 g	0.01 %					
Protein	7.76 g	25.04 %					
Alcohol	0.00 g	0.00 %					