

Hungry Planet® Italian Sausage Brunch Casserole

| Recipe group | Additional name | Diet factors | Portions | Portion size |
|--------------|-----------------|--------------|----------|--------------|
| MAIN DISH | Hungry Planet | | 25 | 9.27 oz |

| Name of ingredient | Capacity measure | EP | AP | Methods |
|---|------------------|--------------|--------------|---|
| 1 Hungry Planet Italian Sausage™ | ~ 2 1/8 qt | 2 lb 1.33 oz | 2 lb 1.33 oz | Crumble Hungry Planet Italian Sausage and saute in safflower oil over medium high heat until lightly browned. |
| Oil, safflower | ~ 4 1/4 tbsp | 0 lb 2.01 oz | 0 lb 2.01 oz | |
| 2 Wheat flour, white, all-purpose, enriched | ~ 1/2 cup | 0 lb 2.39 oz | 0 lb 2.39 oz | Add wheat flour and arrowroot. Cook for 2 minutes. |
| Arrowroot flour | ~ 2 1/8 tsp | 0 lb 0.20 oz | 0 lb 0.20 oz | |
| 3 Vegetable stock | ~ 1 qt | 2 lb 1.33 oz | 2 lb 1.33 oz | Stir vegetable stock into sausage in 3 amounts. Stir smooth after each addition. |
| 4 Spices, poultry seasoning | ~ 2 tbsp | 0 lb 0.27 oz | 0 lb 0.27 oz | Add poultry seasoning, kosher salt, black pepper, onion powder, and dried parsley. Bring to a simmer and cook for 15 minutes. |
| Salt, kosher, Diamond Crystal | ~ 1 tsp | 0 lb 0.10 oz | 0 lb 0.10 oz | |
| Spices, black pepper, ground | ~ 1/2 tsp | 0 lb 0.04 oz | 0 lb 0.04 oz | |
| Spices, onion powder | ~ 1 tsp | 0 lb 0.08 oz | 0 lb 0.08 oz | |
| Spices, parsley, dried | ~ 1 tsp | 0 lb 0.02 oz | 0 lb 0.02 oz | |
| 5 Soymilk (all flavors), unsweetened, with added cal | ~ 1 cup | 0 lb 8.93 oz | 0 lb 8.93 oz | Add unflavored, unsweetened soy milk and return to a simmer. |


| Name of ingredient | Capacity measure | EP | AP | Methods |
|--|------------------|--------------|--------------|--|
| 6 <u>Cooked Lasagna Noodles</u> | | 9 lb 6.92 oz | 9 lb 6.92 oz | Layer sauce and noodles in a suitable sized pan. Sauce will be the last layer. Cover and bake in a 350°F oven for 20-25 minutes or until hot and bubbling. |

6.1.1 SUB-RECIPE: COOKED LASAGNA NOODLES

| Name of ingredient | Capacity measure | EP | AP | Methods |
|----------------------------------|------------------|--------------|---------------|--|
| Pasta, dry, enriched | | 3 lb 2.33 oz | 3 lb 2.33 oz | Cook pasta according to package directions. Reserve 1 cup pasta water, drain pasta into a colander. NOTE: use Purchase Weight of water and kosher salt to cook the pasta. |
| Beverages, water, tap, municipal | 3 1/8 qt | 6 lb 4.67 oz | 25 lb 2.68 oz | |
| Salt, kosher, Diamond Crystal | 2 3/8 tsp | 0 lb 0.23 oz | 0 lb 0.92 oz | |

| Name of ingredient | Capacity measure | EP | AP | Methods |
|---|------------------|--------------|--------------|-----------------------|
| 7 Parsley, Italian, fresh, chopped | ~ 2 tbsp | 0 lb 0.23 oz | 0 lb 0.23 oz | Garnish with parsley. |

ALLERGENS

 SOYA

WEIGHTS

| | Raw | Cooking loss | Cooked | Loss when served | Final |
|-----------------|---------------|--------------|---------------|------------------|---------------|
| Total weight | 14 lb 7.85 oz | 0 % | 14 lb 7.85 oz | 0 % | 14 lb 7.85 oz |
| Size of portion | 9.27 oz | | 9.27 oz | | 9.27 oz |

NUTRITION INFORMATION

supply / 100 g

| Energy nutritives | | % of energy | Energy | Minerals | | | |
|----------------------|----------------|----------------|-------------------------------------|------------|-----------|-------------|----------|
| Fat | 1.78 g | 13.94 % | 112.82 kcal 472.04 kJ 0.47 MJ | Salt | 0.15 g | | |
| Saturated | 0.14 g | 1.10 % | | Salt | 0.15 % | Vitamins | |
| Monounsaturated | 0.71 g | 5.53 % | | Sodium | 113.07 mg | Vitamin A | 0.59 µg |
| Polyunsaturated | 0.28 g | 2.18 % | | Phosphorus | 43.81 mg | Vitamin D | 0.05 µg |
| Trans | 0.00 g | 0.01 % | | Potassium | 132.92 mg | Thiamine | 0.21 mg |
| Cholesterol | 0.00 mg | | | Iron | 1.34 mg | Riboflavin | 0.10 mg |
| Linolenic acid | 0.23 g | | | Calcium | 28.27 mg | Niacin | 1.63 mg |
| Alpha-linolenic acid | 6.20 mg | | | Zinc | 0.32 mg | Vitamin B6 | 0.03 mg |
| Carbohydrate | 18.41 g | 66.32 % | | Magnesium | 13.20 mg | Vitamin B12 | 0.04 µg |
| Sugars | 0.60 g | 2.18 % | | Iodine | 0.00 µg | Folic acid | 49.13 µg |
| Sugar | 0.00 g | | | Selenium | 14.09 µg | Vitamin C | 0.17 mg |
| Lactose | 0.00 g | | | Copper | 0.07 mg | Vitamin E | 0.32 mg |
| Fibre | 1.64 g | 2.77 % | | | | Vitamin K | 2.81 µg |
| Organic acids | 0.00 g | 0.00 % | | | | Others | |
| Sugar alcohol | 0.00 g | 0.00 % | | | | Water | 49.35 g |
| Starch | 13.56 g | 48.83 % | | | | | |
| Protein | 5.51 g | 19.86 % | | | | | |
| Alcohol | 0.00 g | 0.00 % | | | | | |

PERCENTAGE OF ENERGY

