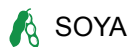


Hungry Planet® Beef Taco Burger

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	10.05 oz

Name of ingredient	Capacity measure	EP	Methods
1 Vegetable oil	6 1/4 tbsp	0 lb 3.00 oz	Saute the onion and garlic in oil until onion are translucent.
Onion, yellow, medium <i>1/2 cup</i>	4.0 ea	1 lb 8.25 oz	
Garlic, raw, chopped	~ 1/3 cup	0 lb 1.98 oz	
2 Hungry Planet Beef™		3 lb 2.00 oz	Increase heat to medium high and add Hungry Plant beef. Cook until meat is browned.
3 Seasoning mix, dry, taco, original	~ 1 1/2 cup	0 lb 2.65 oz	Add the taco seasoning packet and water. Blend well.
<i>One package</i>			
Water	~ 1 1/2 pt	1 lb 9.00 oz	
4 Hamburger buns	25.0 ea	2 lb 12.09 oz	Build the Taco Burger: Toast buns. Portion salsa on bun. Top with shredded lettuce. Top with taco meat. Top with pepper jack cheese. Top with guacamole and fried onions. Place bun on top.
PACE, Red Taco Sauce	~ 1 1/2 cup	0 lb 12.50 oz	
Lettuce, romaine, shredded		0.00 lb	
Vegan pepper jack cheese, shredded <i>Use your favorite cheese</i>	~ 1 5/8 qt	1 lb 9.00 oz	
Guacamole		3 lb 2.22 oz	
French's, fried onions	~ 1 1/2 cup	0 lb 12.50 oz	

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	15 lb 11.20 oz	0 %	15 lb 11.20 oz	0 %	15 lb 11.20 oz
Size of portion	10.05 oz		10.05 oz		10.05 oz

ADDITIONAL INFO

-

MEMO

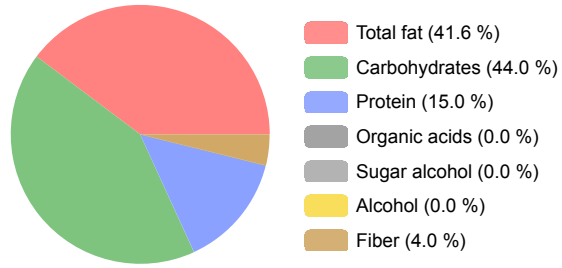
-

NUTRITION INFORMATION

supply / 100 g

Energy nutritives	RDI	% of energy	Calories	RDI	Minerals	RDI	Vitamins			
Total fat	8.01 g	10 %	41.57 %	170.48 kcal 713.30 kJ	8 %	Salt	1.01 g			
Saturated	1.95 g	10 %	10.11 %			Salt	1.01 %			
Monounsaturated	2.72 g		14.13 %		Sodium	403.77 mg	18 %	Vitamin A	3.01 µg	0 %
Polyunsaturated	1.51 g		7.84 %		Phosphorus	38.12 mg	3 %	Vitamin D	0.00 µg	0 %
Trans fatty acids	0.02 g		0.09 %		Potassium	268.77 mg	6 %	Thiamine	0.12 mg	10 %
Cholesterol	0.00 mg	0 %			Iron	1.46 mg	8 %	Riboflavin	0.07 mg	5 %
Linolenic acid	1.32 g		6.82 %		Calcium	145.47 mg	11 %	Niacin	1.18 mg	7 %
Alpha-linolenic acid	184.28 mg		0.96 %		Zinc	0.29 mg	3 %	Vitamin B6	0.09 mg	5 %
Total Carbohydrate	18.47 g	7 %	44.02 %		Magnesium	11.22 mg	3 %	Vitamin B12	0.00 µg	0 %
Sugars total	2.31 g	5 %			Iodine	0.00 µg	0 %	Folate	15.10 µg	4 %
Added sugar	0.00 g	0 %	0.00 %		Selenium	4.37 µg	8 %	Vitamin C	3.40 mg	4 %
Lactose	0.00 g				Copper	0.06 mg	7 %	Vitamin E	0.84 mg	6 %
Fiber	3.61 g	13 %	4.04 %					Vitamin K	7.59 µg	6 %
Organic acids	0.00 g		0.00 %							
Sugar alcohol	0.00 g		0.00 %							
Starch	7.86 g		18.73 %					Others		
Protein	6.28 g	13 %	14.96 %					Water		46.41 g
Alcohol	0.00 g		0.00 %							

PERCENTAGE OF ENERGY



CO2



0.08 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.

Guacamole

Recipe group	Additional name	Diet factors	Total weight
-			3 lb 2.22 oz

	Name of ingredient	Capacity measure	EP	Methods
1	Avocados, peeled, pitted, mashed	5.6 ea	2 lb 6.89 oz	Stir all ingredients together.
	Lime juice, raw	5 1/2 tbsp	0 lb 2.96 oz	
	Salt, kosher, Diamond Crystal	1 3/8 tsp	0 lb 0.14 oz	
	Tomatoes, diced	1 1/3 cup	0 lb 7.92 oz	
	Cilantro, fresh, chopped	8 1/3 tbsp	0 lb 0.29 oz	
	Cayenne pepper	3/8 tsp	0 lb 0.02 oz	

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	3 lb 2.22 oz	0 %	3 lb 2.22 oz	0 %	3 lb 2.22 oz
Size of portion	3 lb 2.22 oz		3 lb 2.22 oz		3 lb 2.22 oz

ADDITIONAL INFO

-

MEMO

-