

# Hungry Planet® Mile High Patty Melt

Recipe group	Additional name	Diet factors	Portions	Portion size
SANDWICHES	Fresh Ideas		25	9.38 oz


	Name of ingredient	Capacity measure	EP	Methods
1	Hungry Planet Beef™ <i>thawed, highly chilled</i>	3 1/8 qt	6 lb 4.00 oz	In a large mixing bowl combine beef with worcestershire, garlic, pepper, and salt.
	Vegan Worcestershire sauce	~ 1/4 cup	0 lb 2.53 oz	
	Spices, garlic, granulated <i>5 tsp</i>	3 1/2 tbsp	0 lb 1.31 oz	
	Spices, pepper, black	~ 2 tbsp	0 lb 0.50 oz	
	Salt, kosher, Diamond Crystal	~ 2 tbsp	0 lb 0.61 oz	
2				Form Hungry Planet Beef™ into 4 oz oval shaped patties (to fit the bread shape).
3	Oil, olive <i>1/4 cup</i>	~ 1/2 cup	0 lb 3.97 oz	Heat 2 tbsp oil on a nonstick skillet to medium-high heat. Cook patties, 4 min each side. Keep Warm.
4	Vegan butter <i>no measurement</i>		0.00 lb	Brush one side of each piece of bread with vegan butter.
5	Bread, rye	50.0 ea	3 lb 8.44 oz	Assemble sandwiches starting with bread, add a patty, 1 slice provolone, 2 tbsp caramelized onions, and 2 tbsp 1000 island dressing, bread. Repeat with all sandwiches.
	Vegan provolone, slices	25.0 ea	1 lb 2.52 oz	
	Caramelized Onions		1 lb 7.15 oz	
	Vegan 1000 island dressing	~ 1 1/2 pt	1 lb 11.56 oz	

**5.1.1 SUB-RECIPE: CARAMELIZED ONIONS**

Name of ingredient	Capacity measure	EP	Methods
Onions, raw	1.427 gal	4 lb 4.52 oz	Saute onions in the olive oil over medium high heat, stirring frequently until onions are dark, about 15 minutes. Season with kosher salt.
Oil, olive	1/2 cup	0 lb 3.63 oz	
Salt, kosher, Diamond Crystal	2 tsp	0 lb 0.19 oz	

Name of ingredient	Capacity measure	EP	Methods
<b>6</b>			Grill each side of each sandwich until golden brown.

**ALLERGENS**

 SOYA

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	14 lb 10.57 oz	0 %	14 lb 10.57 oz	0 %	14 lb 10.57 oz
Size of portion	9.38 oz		9.38 oz		9.38 oz

## NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
<b>Fat</b>	<b>5.56 g</b>	<b>30.52 %</b>	161.18 kcal 674.39 kJ 0.67 MJ	Salt	0.72 g	
Saturated	0.61 g	3.37 %		Salt	0.72 %	Vitamins
Monounsaturated	2.68 g	14.72 %	Sodium	463.95 mg	Vitamin A	0.11 µg
Polyunsaturated	0.54 g	2.97 %	Phosphorus	41.83 mg	Vitamin D	0.00 µg
Trans	0.00 g	0.00 %	Potassium	347.98 mg	Thiamine	0.12 mg
Cholesterol	0.00 mg		Iron	2.41 mg	Riboflavin	0.09 mg
Linolenic acid	0.50 g		Calcium	73.82 mg	Niacin	0.97 mg
Alpha-linolenic acid	0.39 mg		Zinc	0.35 mg	Vitamin B6	0.06 mg
<b>Carbohydrate</b>	<b>18.51 g</b>	<b>46.66 %</b>	Magnesium	13.48 mg	Vitamin B12	0.00 µg
Sugars	2.29 g	5.77 %	Iodine	0.00 µg	Folic acid	14.20 µg
Sugar	0.00 g		Selenium	7.73 µg	Vitamin C	2.40 mg
Lactose	0.00 g		Copper	0.07 mg	Vitamin E	0.56 mg
Fibre	4.13 g	4.90 %			Vitamin K	2.71 µg
Organic acids	0.00 g	0.00 %			Others	
Sugar alcohol	0.00 g	0.00 %			Water	35.91 g
Starch	0.00 g	0.00 %				
Protein	10.58 g	26.67 %				
Alcohol	0.00 g	0.00 %				