



Hungry Planet® Pork Lettuce Wraps

Recipe group	Additional name	Diet factors	Portions	Portion size
SANDWICHES	RDS		25	5.62 oz

Name of ingredient	Capacity measure	EP	Methods
1 Oil, canola	~ 1 1/3 tbsp	0 lb 0.67 oz	Heat oil in a wok or skillet until smoking.
2 Garlic, raw <i>minced</i>	2 1/2 tsp	0 lb 0.25 oz	Add garlic, ginger, scallion and stir-fry for 1 minute. Immediately add Hungry Planet Pork™ and continue to stir-fry for 3-5 minutes.
Ginger root, raw <i>minced</i>	~ 1/4 cup	0 lb 0.88 oz	
Onion, scallion <i>thinly sliced, 2 scallions</i>	~ 1 qt	8.33 oz	
Hungry Planet Pork™		4 lb 2.67 oz	
3 Peanuts, all types, dry-roasted, without salt <i>chopped</i>	~ 1 cup	0 lb 5.36 oz	Add peanuts, hoisin sauce, soy sauce, rice wine vinegar, sriracha, water chestnuts, salt and pepper. Cook for another 3 minutes. Adjust seasoning with salt and vinegar if needed.
Sauce, hoisin, ready-to-serve <i>1/4 cup</i>	~ 1 cup	0 lb 9.71 oz	
Soy sauce made from soy (tamari)	~ 1/2 cup	0 lb 5.29 oz	
Rice Wine Vinegar	~ 1/4 cup	0 lb 2.21 oz	
Sauce, hot chile, sriracha	~ 1/4 cup	0 lb 2.87 oz	
Waterchestnuts, chinese, (matai), raw <i>chopped</i>	~ 1 pt	0 lb 9.90 oz	
Salt, kosher, Diamond Crystal	~ 1 1/3 tbsp	0 lb 0.41 oz	
Spices, pepper, black	1 1/4 tsp	0 lb 0.10 oz	

Name of ingredient	Capacity measure	EP	Methods
4 Lettuce, Butter 1 head	4.2 ea	23.75 oz	Separate lettuce leaves, top with pork and garnish with scallions.
Onion, scallion thinly sliced, 1 scallion	~ 1 pt	0 lb 4.17 oz	

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 12.56 oz	0 %	8 lb 12.56 oz	0 %	8 lb 12.56 oz
Size of portion	5.62 oz		5.62 oz		5.62 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives	% of energy	Energy	Minerals		Vitamins		
Fat	4.56 g	34.00 %	118.52 kcal	Salt	1.20 g		
Saturated	0.38 g	2.81 %	495.88 kJ	Salt	1.20 %	Vitamin A	7.10 µg
Monounsaturated	1.37 g	10.23 %	0.50 MJ	Sodium	589.52 mg	Vitamin D	0.00 µg
Polyunsaturated	0.64 g	4.75 %		Phosphorus	30.70 mg	Thiamine	0.03 mg
Trans	0.00 g	0.02 %		Potassium	259.20 mg	Riboflavin	0.05 mg
Cholesterol	0.21 mg			Iron	1.31 mg	Niacin	0.93 mg
Linolenic acid	0.58 g			Calcium	37.34 mg	Vitamin B6	0.07 mg
Alpha-linolenic acid	44.45 mg			Zinc	0.22 mg	Vitamin B12	0.00 µg
Carbohydrate	10.33 g	35.42 %		Magnesium	14.06 mg	Folic acid	0.00 µg
Sugars	3.00 g	10.29 %		Iodine	0.00 µg	Vitamin C	2.62 mg
Sugar	0.00 g			Selenium	0.66 µg	Vitamin E	0.52 mg
Lactose	0.00 g			Copper	0.07 mg	Vitamin K	19.14 µg
Fibre	2.49 g	4.01 %					
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	22.33 g
Starch	0.17 g	0.57 %					
Protein	9.95 g	34.10 %					
Alcohol	0.00 g	0.00 %					