

Hungry Planet® Beef Taco Burger

Recipe group	Additional name	Diet factors	Portions	Portion size
-	Wanda White		25	7.54 oz

Name of ingredient	Capacity measure	EP	Methods
1 Vegetable oil	6 1/4 tbsp	0 lb 3.00 oz	In a medium skillet add the vegetable oil. Turn heat to medium. Add the onion and garlic. Cook until onion are translucent.
Onion, yellow, medium <i>1/2 cup</i>	6.3 ea	1 lb 8.25 oz	
Garlic, raw, chopped	~ 1/3 cup	0 lb 1.98 oz	
2 Hungry Planet Beef™	~ 1 1/2 qt	3 lb 2.00 oz	Add Hungry Plant beef and turn heat up to brown the meat.
3 Seasoning mix, dry, taco, original	~ 1 1/2 cup	0 lb 2.65 oz	When beef is done add the taco seasoning packet and water. Blend well.
<i>One package</i>			
Beverages, water, tap, municipal	~ 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 the Hungry Planet Beef Taco meat on one side of the bun. Top with the pepper jack cheese. Add the taco sauce and the top of the bun.
Vegan pepper jack cheese, shredded <i>Use your favorite cheese</i>	~ 1 5/8 qt	1 lb 9.00 oz	
PACE, Red Taco Sauce		0 lb 12.50 oz	

ALLERGENS



SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	11 lb 12.48 oz	0 %	11 lb 12.48 oz	0 %	11 lb 12.48 oz
Size of portion	7.54 oz		7.54 oz		7.54 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
Fat	6.10 g	33.10 %	163.11 kcal	Salt	0.68 g	
Saturated	1.88 g	10.19 %	682.47 kJ	Sodium	507.38 mg	Vitamins
Monounsaturated	1.15 g	6.24 %	0.68 MJ	Phosphorus	28.27 mg	Vitamin A
Polyunsaturated	0.83 g	4.49 %		Potassium	229.01 mg	Vitamin D
Trans	0.01 g	0.07 %		Iron	1.95 mg	Thiamine
Cholesterol	0.00 mg			Calcium	177.96 mg	Riboflavin
Linolenic acid	0.64 g			Zinc	0.21 mg	Niacin
Alpha-linolenic acid	184.45 mg			Magnesium	7.06 mg	Vitamin B6
Carbohydrate	19.66 g	48.98 %		Iodine	0.00 µg	Vitamin B12
Sugars	2.45 g	6.10 %		Selenium	5.36 µg	Folic acid
Sugar	0.00 g			Copper	0.03 mg	Vitamin C
Lactose	0.00 g					Vitamin E
Fibre	2.39 g	2.80 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Others
Starch	8.70 g	21.66 %				Water
Protein	7.38 g	18.39 %				39.59 g
Alcohol	0.00 g	0.00 %				