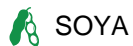


Hungry Planet® Italian Sausage Piadina

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		4	10.73 oz

	Name of ingredient	Capacity measure	EP	Methods
1	Olive oil, extra virgin	1 tbsp	0 lb 0.48 oz	Heat extra virgin olive oil over medium-high heat and add onions. Saute for 2-3 minutes.
	Onion, diced	1/2 cup	0 lb 2.23 oz	
2	Garlic, raw, chopped	1 tsp	0 lb 0.11 oz	Add garlic and saute for 1 minute.
3	Hungry Planet Italian Sausage™		0 lb 16.00 oz	Break Hungry Planet Italian Sausage into smaller pieces and add to onions. Saute for 3-4 minutes. Remove and hold warm.
4	Flatbread rounds	4.0 ea	0 lb 6.07 oz	Place a flatbread in a non-stick pan over medium heat.
5	Vegan mozzarella cheese, shredded	1 1/2 cup	0 lb 6.00 oz	Divide vegan mozzarella and roasted peppers over 1/2 of flatbread. Top with sauteed Italian Sausage mixture and basil, and fold other side of flatbread over. Cook for 1-2 minutes and flip over. Cook another 1 minute. Remove and serve with marinara.
	Peppers, red, roasted	1/2 cup	0 lb 3.00 oz	
	Basil leaves, fresh	12.0 ea	0 lb 0.24 oz	
	Sauce, pasta, spaghetti/marinara, ready-to-serve	1 cup	0 lb 8.82 oz	

ALLERGENS



SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	2 lb 10.93 oz	0 %	2 lb 10.93 oz	0 %	2 lb 10.93 oz
Size of portion	10.73 oz		10.73 oz		10.73 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
Fat	3.88 g	31.92 %	107.62 kcal	Salt	0.49 g	
Saturated	0.33 g	2.69 %	450.29 kJ	Salt	0.49 %	Vitamins
Monounsaturated	1.67 g	13.76 %	0.45 MJ	Sodium	334.94 mg	Vitamin A
Polyunsaturated	0.41 g	3.34 %		Phosphorus	27.72 mg	Vitamin D
Trans	0.00 g	0.02 %		Potassium	295.82 mg	Thiamine
Cholesterol	0.41 mg			Iron	2.02 mg	Riboflavin
Linolenic acid	0.37 g			Calcium	55.45 mg	Niacin
Alpha-linolenic acid	16.84 mg			Zinc	0.25 mg	Vitamin B6
Carbohydrate	10.46 g	39.48 %		Magnesium	7.38 mg	Vitamin B12
Sugars	1.48 g	5.58 %		Iodine	0.00 µg	Folic acid
Sugar	0.00 g			Selenium	2.62 µg	Vitamin C
Lactose	0.00 g			Copper	0.03 mg	Vitamin E
Fibre	3.07 g	5.46 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Others
Starch	0.00 g	0.00 %				Water
Protein	7.98 g	30.14 %				35.82 g
Alcohol	0.00 g	0.00 %				