

Hungry Planet® Chicken and Waffles

| Recipe group | Additional name | Diet factors | Portions | Portion size |
|--------------|-----------------|--------------|----------|--------------|
| - | | | 25 | 14.96 oz |

| Name of ingredient | Capacity measure | EP | Methods |
|---|------------------|----|---|
| 1 <u>Hungry Planet® Fried Chicken at Home</u> | 9 lb 4.32 oz | | Serve Hungry Planet Fried Chicken on waffles and drizzle with Sweet Heat Maple Glaze. |
| <u>Waffles</u> | 11 lb 12.49 OZ | | |
| <u>Sweet Heat Maple Glaze</u> | 2 lb 5.21 oz | | |

1.1.1 SUB-RECIPE: HUNGRY PLANET® FRIED CHICKEN AT HOME

| Name of ingredient | Capacity measure | EP | Methods |
|--------------------|------------------|----|---------|
|--------------------|------------------|----|---------|

| Name of ingredient | Capacity measure | EP | Methods |
|--------------------|------------------|----|---------|
|--------------------|------------------|----|---------|

| | | | |
|-------------------------------------|---------------|--------------|---|
| 1.1.2 <u>Hungry Planet Chicken™</u> | | 5.00 lb | Thoroughly mix Hungry Planet® Chicken with cajun seasoning. Form into 3 oz patties. |
| <u>Seasoning, Cajun</u> | 2 1/2 tbsp | 0 lb 1.32 oz | |

1.1.3 SOY BUTTERMILK

| Name of ingredient | Capacity measure | EP | Methods |
|--------------------|------------------|----|---------|
|--------------------|------------------|----|---------|

| | | | |
|---|---------------|---------------|-------------------------------------|
| <u>Soymilk (all flavors), unsweetened, with added cal</u> | 1 1/2 cup | 0 lb 12.50 oz | Mix ingredients for Soy Buttermilk. |
| <u>Vinegar, white</u> | 1 1/2 tbsp | 0 lb 0.75 oz | |
| <u>Sauce, ready-to-serve, pepper, TABASCO</u> | 2/3 tsp | 0 lb 0.11 oz | |

1.1.4 COATING

| Name of ingredient | Capacity measure | EP | Methods |
|---|------------------|---------------|----------------------------------|
| Wheat flour, white, all-purpose, unenriched | 2 1/2 qt | 2 lb 13.86 oz | Combine ingredients for coating. |
| Leavening agents, baking powder, low-sodium | 2.5 fl oz | 0 lb 2.65 oz | |
| Salt, kosher, Diamond Crystal | 2 1/2 tsp | 0 lb 0.24 oz | |
| Spices, black pepper, ground | 1 1/4 tsp | 0 lb 0.10 oz | |
| Spices, pepper, red or cayenne | 1 1/4 tsp | 0 lb 0.08 oz | |
| Seasoning, Cajun | 2.5 fl oz | 0 lb 2.65 oz | |
| Spices, paprika | 1 2/3 tbsp | 0 lb 0.41 oz | |
| Spices, garlic, granulated | 1 1/4 tsp | 0 lb 0.16 oz | |
| Spices, onion powder | 1 1/4 tsp | 0 lb 0.10 oz | |
| Cornstarch | 2.5 fl oz | 0 lb 1.41 oz | |

1.1.5

| Name of ingredient | Capacity measure | EP | Methods |
|--------------------|------------------|----|---------|
|--------------------|------------------|----|---------|

Dip patties into soy buttermilk. Then into fried chicken coating flour. Repeat. Fry in 350°F oil until golden and 160°F internal temperature.

1.2.1 SUB-RECIPE: WAFFLES

| Name of ingredient | Capacity measure | EP | Methods |
|---|------------------|--------------|---|
| Vegetable oil | 1 cup | 0 lb 7.83 oz | Whisk vegetable oil, sugar, vanilla and Almond milk together. |
| Sugars, granulated | 1 1/3 pt | 1 lb 3.16 oz | |
| Vanilla extract | 2 tbsp | 0 lb 0.83 oz | |
| Beverages, almond milk, unsweetened, shelf stable | 2 3/4 qt | 6 lb 4.38 oz | |



| | Name of ingredient | Capacity measure | EP | Methods |
|-------|--|------------------|--------------|---|
| 1.2.2 | Wheat flour, white, all-purpose, self-rising | 2 3/4 qt | 3 lb 1.81 oz | Blend Self-Rising flour, Rice flour, and baking soda together. Add to the vegetable oil mixture. Blend ONLY until dry mixture is wet. Do not over mix - the batter should be Lumpy! |
| | Rice flour, white, unenriched | 2 cup | 0 lb 9.99 oz | |
| | Leavening agents, baking soda | 1 3/8 tsp | 0 lb 0.22 oz | |

| | Name of ingredient | Capacity measure | EP | Methods |
|-------|--------------------|------------------|----|---|
| 1.2.3 | | | | Preheat the waffle iron. When hot put 1 cup of batter in waffle iron and cook until golden brown! |

1.3.1 SUB-RECIPE: SWEET HEAT MAPLE GLAZE

| | Name of ingredient | Capacity measure | EP | Methods |
|--|--------------------------------|------------------|--------------|---|
| | Agave syrup | 1 2/3 cup | 1 lb 2.08 oz | Bring all ingredients to a simmer, remove from heat. Allow to cool for about 15 minutes before using. |
| | Syrups, maple | 1 2/3 cup | 1 lb 2.61 oz | |
| | Spices, chili powder | 2 1/2 tsp | 0 lb 0.20 oz | |
| | Vinegar, malt | 2 1/2 tsp | 0 lb 0.42 oz | |
| | Spices, pepper, red or cayenne | 3/8 tsp | 0 lb 0.03 oz | |
| | Salt, kosher, Diamond Crystal | 1/2 tsp | 0 lb 0.05 oz | |

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

| | Raw | Cooking loss | Cooked | Loss when served | Final |
|-----------------|---------------|--------------|---------------|------------------|---------------|
| Total weight | 23 lb 6.03 oz | 0 % | 23 lb 6.03 oz | 0 % | 23 lb 6.03 oz |
| Size of portion | 14.96 oz | | 14.96 oz | | 14.96 oz |

NUTRITION INFORMATION

supply / 100 g

| Energy nutritives | | % of energy | Energy | Minerals | | | |
|----------------------|-----------|-------------|-------------|------------|-----------|-------------|----------|
| Fat | 3.64 g | 15.76 % | 204.25 kcal | Salt | 0.58 g | | |
| Saturated | 0.22 g | 0.94 % | 854.58 kJ | Salt | 0.58 % | Vitamins | |
| Monounsaturated | 1.57 g | 6.79 % | 0.85 MJ | Sodium | 334.65 mg | Vitamin A | 16.00 µg |
| Polyunsaturated | 0.82 g | 3.55 % | | Phosphorus | 148.53 mg | Vitamin D | 0.31 µg |
| Trans | 0.01 g | 0.04 % | | Potassium | 205.66 mg | Thiamine | 0.14 mg |
| Cholesterol | 0.00 mg | | | Iron | 1.40 mg | Riboflavin | 0.16 mg |
| Linolenic acid | 0.59 g | | | Calcium | 151.42 mg | Niacin | 1.08 mg |
| Alpha-linolenic acid | 192.09 mg | | | Zinc | 0.30 mg | Vitamin B6 | 0.05 mg |
| Carbohydrate | 36.11 g | 71.83 % | | Magnesium | 10.34 mg | Vitamin B12 | 0.04 µg |
| Sugars | 11.54 g | 22.95 % | | Iodine | 0.00 µg | Folic acid | 21.04 µg |
| Sugar | 0.00 g | | | Selenium | 9.39 µg | Vitamin C | 0.85 mg |
| Lactose | 0.00 g | | | Copper | 0.05 mg | Vitamin E | 1.24 mg |
| Fibre | 1.52 g | 1.42 % | | | | Vitamin K | 2.87 µg |
| Organic acids | 0.00 g | 0.00 % | | | | Others | |
| Sugar alcohol | 0.00 g | 0.00 % | | | | Water | 35.61 g |
| Starch | 0.00 g | 0.00 % | | | | | |
| Protein | 6.68 g | 13.29 % | | | | | |
| Alcohol | 0.08 g | 0.26 % | | | | | |