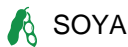


Hungry Planet® Loaded Taco Pizza

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Fresh Ideas		25	8.69 oz

	Name of ingredient	Capacity measure	EP	Methods
1				Preheat oven to 425°F.
2	Hungry Planet Beef™	4 lb 2.67 oz		In large nonstick skillet, heat olive oil over medium-high heat. Add Hungry Planet™ Beef; cook until well browned, about 5 minutes. Add chili powder, cumin, garlic, salt, pepper, and HALF of the salsa. Cook another 2 minutes or until mixture is hot.
	Vegetable oil	~ 1/4 cup	0 lb 2.00 oz	
	Spices, chili powder	3 1/3 tbsp	0 lb 0.79 oz	
	Cumin, ground	2 3/4 tsp	0 lb 0.19 oz	
	Salt, kosher, Diamond Crystal	2 3/4 tsp	0 lb 0.27 oz	
	Spices, pepper, black	1 3/8 tsp	0 lb 0.11 oz	
	Sauce, salsa, ready-to-serve	~ 1 1/4 qt	2 lb 12.41 oz	
3	Pizza crust, individual	16.7 ea	2 lb 9.74 oz	Assemble pizzas. Per pizza, add 2 tbsp of the remaining salsa on the crust, top with about 4 oz beef mixture, 2 tbsp pepper jack cheese. Bake in oven for 9 minutes.
	Vegan pepper jack cheese, shredded	~ 1 pt	0 lb 8.30 oz	
4	Vegan nacho cheese	~ 1 pt	1 lb 1.64 oz	Drizzle 2 tbsp of nacho cheese sauce on top. Add ¼ cup lettuce, 2 tbsp tomatoes, and 2 tbsp black olives. Repeat with rest of pizzas. Serve.
	Lettuce, romaine, shredded	~ 1 qt	0 lb 11.02 oz	
	<i>shredded</i>			
	Tomatoes, chopped	~ 1 pt	0 lb 12.29 oz	
	Olives, black	~ 1 pt	0 lb 11.76 oz	
	<i>sliced</i>			

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	13 lb 9.20 oz	0 %	13 lb 9.20 oz	0 %	13 lb 9.20 oz
Size of portion	8.69 oz		8.69 oz		8.69 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals			
Fat	2.93 g	38.03 %	68.22 kcal	Salt	0.51 g		
Saturated	0.55 g	7.07 %	285.46 kJ	Salt	0.51 %	Vitamins	
Monounsaturated	0.61 g	7.96 %	0.29 MJ	Sodium	367.93 mg	Vitamin A	34.70 µg
Polyunsaturated	0.32 g	4.16 %		Phosphorus	11.25 mg	Vitamin D	0.00 µg
Trans	0.00 g	0.05 %		Potassium	272.04 mg	Thiamine	0.01 mg
Cholesterol	0.00 mg			Iron	1.38 mg	Riboflavin	0.01 mg
Linolenic acid	0.23 g			Calcium	76.08 mg	Niacin	0.32 mg
Alpha-linolenic acid	86.21 mg			Zinc	0.08 mg	Vitamin B6	0.05 mg
Carbohydrate	5.26 g	31.30 %		Magnesium	5.36 mg	Vitamin B12	0.00 µg
Sugars	1.06 g	6.30 %		Iodine	0.00 µg	Folic acid	0.00 µg
Sugar	0.00 g			Selenium	0.29 µg	Vitamin C	1.38 mg
Lactose	0.00 g			Copper	0.03 mg	Vitamin E	0.60 mg
Fibre	2.25 g	6.30 %				Vitamin K	7.66 µg
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %				Others	
Starch	0.00 g	0.00 %				Water	28.46 g
Protein	6.32 g	37.67 %					
Alcohol	0.00 g	0.00 %					