

Hungry Planet® Chicken Marsala Meatballs

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	8.97 oz

Name of ingredient	Capacity measure	EP	Methods
1 Vegan butter, Earth Balance	7 1/2 tsp	0 lb 1.23 oz	Melt vegan butter and add oyster mushrooms. Saute for 2-3 minutes.
Mushrooms, oyster, raw		1 lb 4.00 oz	
<i>Cut into 1"-1 1/4" pieces</i>			

Name of ingredient	Capacity measure	EP	Methods
2 <u>Marsala Sauce</u>	2 lb 4.16 oz		Add marsala sauce and bring to a simmer.

2.1.1 SUB-RECIPE: MARSALA SAUCE

Name of ingredient	Capacity measure	EP	Methods
Vegan butter, Earth Balance	2 tbsp	0 lb 0.88 oz	Melt the vegan butter and sweat the garlic and shallots for 3-4 minutes.
Garlic clove, finely minced	1 tsp	0 lb 0.09 oz	
Shallots, raw	1 cup	0 lb 3.57 oz	
Wheat flour, white, all-purpose, enriched	2 tbsp	0 lb 0.51 oz	
Alcoholic beverage, wine, table, Marsala	1 1/4 cup	0 lb 9.43 oz	
Vegetable stock	1 1/3 pt	1 lb 5.43 oz	
Salt, kosher, Diamond Crystal	1 3/4 tsp	0 lb 0.17 oz	
Spices, black pepper, ground	1 tsp	0 lb 0.07 oz	

Name of ingredient	Capacity measure	EP	Methods
2.1.2			Add the flour and stir smooth. Cook for 2 minutes.

Name of ingredient	Capacity measure	EP	Methods
2.1.3			Whisk the marsala wine and vegetable stock into the flour mixture. Simmer for 6-7 minutes.

Name of ingredient	Capacity measure	EP	Methods
2.1.4			Season with kosher salt and pepper.



Name of ingredient	Capacity measure	EP	Methods
3 <u>Hungry Planet® Chicken and Parm Meatballs</u>	10 lb 6.22 oz		Add meatballs, cover and simmer for 7-8 minutes.

3.1.1 SUB-RECIPE: HUNGRY PLANET® CHICKEN AND PARM MEATBALLS

Name of ingredient	Capacity measure	EP	Methods
Mushrooms, white, raw	3 2/3 qt	3 lb 2.00 oz	Mix all ingredients together.
Hungry Planet Chicken™		6 lb 4.00 oz	Bake at 400°F for 10 minutes.
Bread crumbs	1 pt	0 lb 7.86 oz	
Vegan parmesan, dry, grated	1 1/2 cup	0 lb 5.47 oz	
Garlic clove, finely minced	2 tbsp	0 lb 0.62 oz	
Parsley, Italian, fresh, chopped	1 cup	0 lb 1.41 oz	
Salt, kosher, Diamond Crystal	2 tbsp	0 lb 0.61 oz	
Spices, black pepper, ground	1 tbsp	0 lb 0.25 oz	

Name of ingredient	Capacity measure	EP	Methods
4 Parsley, Italian, fresh, chopped	5 tbsp	0 lb 0.56 oz	Add parsley.

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	14 lb 0.17 oz	0 %	14 lb 0.17 oz	0 %	14 lb 0.17 oz
Size of portion	8.97 oz		8.97 oz		8.97 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
Fat	2.10 g	21.61 %	85.85 kcal	Salt	0.41 g	
Saturated	0.06 g	0.64 %	359.20 kJ	Salt	0.41 %	Vitamins
Monounsaturated	0.04 g	0.44 %	0.36 MJ	Sodium	383.72 mg	Vitamin A
Polyunsaturated	0.12 g	1.26 %		Phosphorus	37.61 mg	Vitamin D
Trans	0.00 g	0.00 %		Potassium	261.44 mg	Thiamine
Cholesterol	0.00 mg			Iron	1.35 mg	Riboflavin
Linolenic acid	0.12 g			Calcium	32.21 mg	Niacin
Alpha-linolenic acid	0.22 mg			Zinc	0.25 mg	Vitamin B6
Carbohydrate	7.72 g	36.56 %		Magnesium	6.19 mg	Vitamin B12
Sugars	0.89 g	4.22 %		Iodine	0.00 µg	Folic acid
Sugar	0.00 g			Selenium	3.29 µg	Vitamin C
Lactose	0.00 g			Copper	0.11 mg	Vitamin E
Fibre	2.05 g	4.56 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Others
Starch	2.09 g	9.90 %				Water
Protein	9.14 g	43.27 %				34.50 g
Alcohol	0.37 g	2.99 %				