# **Hungry Planet® Chicken Parmesan Pasta w Spinach**

Recipe group	Additional name	Diet factors	Portions	Portion size
-	Wanda White		25	13.14 oz

# 1 CHICKEN PATTY

	Name of ingredient	Capacity measure	EP	Methods
	Hungry Planet Chicken™		4 lb 2.67 oz	Season well-chilled Hungry Planet Chicken with the patty seasoning: salt, pepper and granulated
	Spices, garlic, granulated	4 1/8 tsp	0 lb 0.52 oz	garlic. Blend well. Pat out into 6 patties.
	Salt, kosher, Diamond Crystal	~ 1 tsp	0 lb 0.10 oz	
	Spices, black pepper, ground	1/2 tsp	0 lb 0.04 oz	
	Name of ingredient	Capacity measure	EP	Methods
2	Wheat flour, white, all-purpose, unenriched	2 1/8 qt	2 lb 6.21 oz	Blend flour and cajan seasoning and lightly dust chicken patties. Pan fry in vegetable oil until golden brown.
	Seasoning, Cajun	4 1/8 tsp	0 lb 0.73 oz	

#### 3 PASTA

Name of ingredient	Capacity measure	EP	Methods
Fettuccine, cooked	1 1/2 qt	2 lb 1.33 oz	Cook pasta according to package directions.

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# 4 SPINACH

	Name of ingredient	Capacity measure	EP	Methods			
	Olive oil, extra virgin	~ 4 1/4 tbsp	0 lb 1.98 oz	In a medium skillet over medium heat olive and margarine. Add onions and garlic and saute for minutes.			
	Margarine, regular, hard, soybean (hydrogenated)	~ 1 cup	0 lb 8.33 oz				
	Onions, finely chopped	~ 1 pt	0 lb 9.27 oz				
	Garlic clove, finely minced	~ 1 cup	0 lb 4.17 oz				
	Name of ingredient	Capacity measure	EP	Methods			
5	Baby spinach, chopped Coarse chop	3.937 gal	4 lb 2.67 oz	Add chopped spinach, season with salt and pepper. Cook until spinach is wilted around 3 minutes. Take off heat and set aside.			
	Spices, nutmeg, ground	2 1/8 tsp	0 lb 0.16 oz				
6	SAUCE						
	Name of ingredient	Capacity measure	EP	Methods			
	Vegan cream cheese	2 pt	2 lb 1.33 oz	In a saucepot over low heat, whisk the cream cheese and vegetable broth until smooth.			
	Vegetable broth	~ 1 1/2 qt	3 lb 0.72 oz				
	Name of ingredient	Capacity measure	EP	Methods			
7	Lemon juice, raw	~ 1 cup	0 lb 8.65 oz	Add lemon juice, nutmeg, and season with salt and pepper.			
	Salt, kosher, Diamond Crystal	~ 2 1/8 tsp	0 lb 0.20 oz				
	Spices, black pepper, ground	~ 1 tsp	0 lb 0.08 oz				
	Name of ingredient	Capacity measure	EP	Methods			
8	Vegan parmesan, dry, grated	~ 1 pt	0 lb 7.29 oz	When sauce is thickened and bubbly stir in the parmesan. Combine and turn off heat.  Hint** If sauce gets too thick add a little more vegetable broth.			
11	Dlamat		*	6 Consider Anna 2000 IAMV			

0.00 g

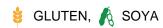
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When sauce is ready combine with pasta and spinach. Serve with Hungry Planet Chicken on top.

Minerals

# **ALLERGENS**



# **WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	20 lb 8.48 oz	0 %	20 lb 8.48 oz	0 %	20 lb 8.48 oz
Size of portion	13.14 oz		13.14 oz		13.14 oz

### **NUTRITION INFORMATION**

supply / 100 g

Alcohol

Energy nutritives		% of energy	Energy	Salt	0.24 g		
Fat	3.60 g	33.68 %	94.50 kcal	Salt	0.24 %	Vitamins	
Saturated	0.54 g	5.06 %	395.40 kJ	Sodium	194.57 mg	Vitamin A	20.79 μg
Monounsaturated	1.45 g	13.57 %	0.40 MJ	Phosphorus	14.18 mg	Vitamin D	0.00 µg
Polyunsaturated	0.64 g	6.02 %		Potassium	79.69 mg	Thiamine	0.02 mg
Trans	0.00 g	0.00 %		Iron	0.54 mg	Riboflavin	0.01 mg
Cholesterol	0.00 mg			Calcium	13.22 mg	Niacin	0.15 mg
Linolenic acid	0.60 g			Zinc	0.09 mg	Vitamin B6	0.01 mg
Alpha-linolenic acid	0.31 mg			Magnesium	3.07 mg	Vitamin B12	0.00 µg
Carbohydrate	10.86 g	46.68 %		lodine	0.00 µg	Folic acid	0.00 µg
Sugars	0.23 g	0.99 %		Selenium	3.99 µg	Vitamin C	1.03 mg
Sugar	0.00 g			Copper	0.02 mg	Vitamin E	0.18 mg
Lactose	0.00 g					Vitamin K	0.46 µg
Fibre	0.96 g	1.95 %					
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %				Others	
Starch	0.00 g	0.00 %				Water	18.80 g
Protein	4.72 g	20.28 %					3.3