



Hungry Planet® Sheet Pan Pesto Chicken

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	16.09 oz

	Name of ingredient	Capacity measure	EP	Methods
1	Hungry Planet Chicken™	6 lb 4.00 oz		Form chicken into 4 oz patties about 1/2" thick and season with kosher salt.
	Salt, kosher, Diamond Crystal	3 1/8 tsp	0 lb 0.31 oz	
2	Cauliflower, raw, 1" florets	1.563 gal	7 lb 5.50 oz	Place chicken and vegetables on a parchment paper or aluminum foil lined baking sheet.
	Peppers, red bell, medium	12.5 ea	3 lb 4.47 oz	
	Squash, winter, butternut, raw	1.172 gal	5 lb 6.25 oz	
3	Vegan pesto	~ 1 qt	2 lb 2.92 oz	Combine pesto and extra virgin olive oil and drizzle over chicken and veggies. Season with kosher salt. Place into a preheated 400°F oven. Turn after 12 minutes and continue to roast for another 12-13 minutes.
	Olive oil, extra virgin	18 3/4 tbsp	0 lb 8.93 oz	
	Salt, kosher, Diamond Crystal	4 2/3 tsp	0 lb 0.46 oz	
4	Parsley, fresh	12 1/2 tbsp	0 lb 1.41 oz	Garnish with fresh parsley leaves. <i>Whole leaves as garnish</i>

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	25 lb 2.24 oz	0 %	25 lb 2.24 oz	0 %	25 lb 2.24 oz
Size of portion	16.09 oz		16.09 oz		16.09 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals			
Fat	3.36 g	40.70 %	72.99 kcal	Salt	0.21 g		
Saturated	0.35 g	4.28 %	305.38 kJ	Sodium	0.21 %	Vitamins	
Monounsaturated	1.63 g	19.77 %	0.31 MJ	Phosphorus	205.91 mg	Vitamin A	136.02 µg
Polyunsaturated	0.26 g	3.16 %		Potassium	23.52 mg	Vitamin D	0.00 µg
Trans	0.00 g	0.00 %		Iron	266.90 mg	Thiamine	0.04 mg
Cholesterol	0.00 mg			Calcium	0.84 mg	Riboflavin	0.03 mg
Linolenic acid	0.23 g			Zinc	30.61 mg	Niacin	0.54 mg
Alpha-linolenic acid	4.38 mg			Magnesium	0.15 mg	Vitamin B6	0.12 mg
Carbohydrate	6.51 g	36.23 %		Iodine	13.41 mg	Vitamin B12	0.00 µg
Sugars	1.58 g	8.80 %		Selenium	0.00 µg	Folic acid	0.00 µg
Sugar	0.00 g			Copper	0.30 µg	Vitamin C	35.71 mg
Lactose	0.00 g				0.03 mg	Vitamin E	0.86 mg
Fibre	2.04 g	5.36 %				Vitamin K	12.47 µg
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	57.76 g
Starch	0.00 g	0.00 %					
Protein	5.14 g	28.62 %					
Alcohol	0.00 g	0.00 %					