

Hungry Planet® Beef Mac & Cheese - 1498

Recipe group MAIN DISH	Additional name Hungry Planet	Diet factors	Portions 30	Portion size 11.94 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
1	10 tbsp	0 lb 4.81 oz	0%	0 lb 4.81 oz	Oil, canola	Heat oil in a large skillet over medium-high heat until lightly smoking and add the beef. Break into smaller pieces and saute for 2 minutes.		
		5 lb 0.00 oz	0%	5.00 lb	Hungry Planet Beef™			

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
2	1 1/4 cup	0 lb 5.56 oz	0%	0 lb 5.56 oz	Onion, diced	Add onions and saute for 2 minutes.		



	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
3	15 tbsp	0 lb 8.66 oz	0%	0 lb 8.66 oz	Tomato paste	Add tomato paste, paprika, onion powder, garlic powder, kosher salt, sugar, chili powder, black pepper, and flour. Stir all ingredient to combine.		
	7 1/2 tsp	0 lb 0.61 oz	0%	0 lb 0.61 oz	Spices, paprika			
	5 tsp	0 lb 0.39 oz	0%	0 lb 0.39 oz	Spices, onion powder			
	5 tsp	0 lb 0.39 oz	0%	0 lb 0.39 oz	Spices, garlic powder			
	5 tsp	0 lb 0.49 oz	0%	0 lb 0.49 oz	Salt, kosher, Diamond Crystal			
	5 tsp	0 lb 0.73 oz	0%	0 lb 0.73 oz	Sugars, granulated			
	2 1/2 tsp	0 lb 0.20 oz	0%	0 lb 0.20 oz	Spices, chili powder			
	2 1/2 tsp	0 lb 0.20 oz	0%	0 lb 0.20 oz	Spices, black pepper, ground			
	10 tbsp	0 lb 2.87 oz	0%	0 lb 2.87 oz	Wheat flour, white, all-purpose, enriched			

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
4	2 1/2 qt	5 lb 6.07 oz	0%	5 lb 6.07 oz	Milk, imitation, oat	Stir oat milk and vegetable stock until smooth and bring to a simmer.		
	11 1/4 cup	5 lb 7.70 oz	0%	5 lb 7.70 oz	Vegetable broth			

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
5	10 cup	2 lb 8.00 oz	0%	2 lb 8.00 oz	Macaroni noodles, dry	Add dry elbow macaroni, cover and simmer for 15 minutes, stirring occassionally.		



	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
6	10 cup	2 lb 7.51 oz	0%	2 lb 7.51 oz	Vegan cheddar cheese, shredded	Stir in shredded vegan cheddar cheese and garnish with parsley.		

RECIPE IMAGES



ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	22 lb 6.18 oz	0 %	22 lb 6.18 oz	0 %	22 lb 6.18 oz
Size of portion	11.94 oz		11.94 oz		11.94 oz

ADDITIONAL INFO

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MEMO

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COSTS

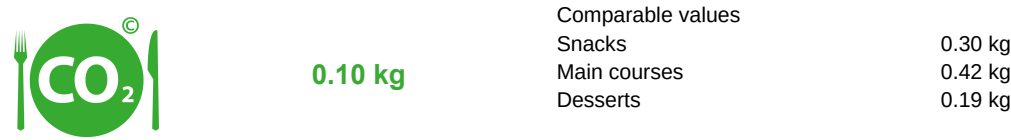
	Ingredients	Other costs	Total
Total price	\$0.00	\$0.00	\$0.00
Price / lb	\$0.00	\$0.00	\$0.00
Price per ptn	\$0.00	\$0.00	\$0.00

NUTRITION INFORMATION

supply / 100 g

Energy nutritives				Calories		Minerals		Vitamins		
		% of energy	RI		RI					
Total fat	5.25 g	34.38 %	8 %	134.96 kcal	7 %	Salt	0.51 g	8 %		
Saturated	2.52 g	16.48 %	13 %	564.70 kJ		Salt	0.51 %		Vitamin A	20.30 µg
Monounsaturated	0.99 g	6.50 %		0.56 MJ		Sodium	201.26 mg		Vitamin D	0.26 µg
Polyunsaturated	0.75 g	4.89 %				Phosphorus	49.00 mg		Thiamine	0.02 mg
Trans	0.01 g	0.04 %				Potassium	216.74 mg		Riboflavin	0.02 mg
Cholesterol	0.00 mg					Iron	0.96 mg		Niacin	0.32 mg
Linolenic acid	0.62 g					Calcium	53.12 mg		Vitamin B6	0.03 mg
Alpha-linolenic acid	126.61 mg					Zinc	0.22 mg		Vitamin B12	0.28 µg
Total Carbohydrate	15.41 g	46.40 %	6 %			Magnesium	7.73 mg		Folate	1.23 µg
Sugars	2.20 g	-0.39 %	2 %			Iodine	0.00 µg		Vitamin C	0.40 mg
Sugar	0.00 g					Selenium	7.85 µg		Vitamin E	0.37 mg
Lactose	0.00 g					Copper	0.05 mg		Vitamin K	1.35 µg
Fiber	2.36 g	3.34 %								
Organic acids	0.00 g	0.00 %								
Sugar alcohol	0.00 g	0.00 %								
Starch	6.97 g	21.00 %								
Protein	6.51 g	19.61 %	13 %							
Alcohol	0.00 g	0.00 %								
								Others		
								Water		50.43 g

CO2



Comparable CO2 emissions per 100 g.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.