

Hungry Planet® Chicken Cheeseburger FS



Recipe group	Additional name	Diet factors	Portions	Portion size
SANDWICHES	Hungry Planet	VG	25	8.14 oz

	Name of ingredient	Capacity measure	EP	Methods
1	Hungry Planet Chicken™		6 lb 4.00 oz	Form Hungry Planet Chicken™ into 4 oz burgers and season with hamburger seasoning.
	Seasoning, hamburger	~ 1 cup	0 lb 5.19 oz	
2	Oil, safflower	1/2 cup	0 lb 3.85 oz	Add oil to pan or griddle, or brush onto patties. Cook over medium-high heat for 2-3 minutes and flip patties. Top with cheese cook for another 3 minutes.
	Vegan cheddar cheese, slices	25.0 ea	1 lb 1.64 oz	
3	Hamburger buns	25.0 ea	2 lb 12.09 oz	To build burger place bun bottom, lettuce, burger, tomato, pickles and other toppings if desired.
	Lettuce, leaves	25.0 ea	0 lb 4.41 oz	
	Pickle slices	37.5 ea	0 lb 10.58 oz	
	Tomato slices	25.0 ea	1 lb 1.64 oz	

RECIPE IMAGES



ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

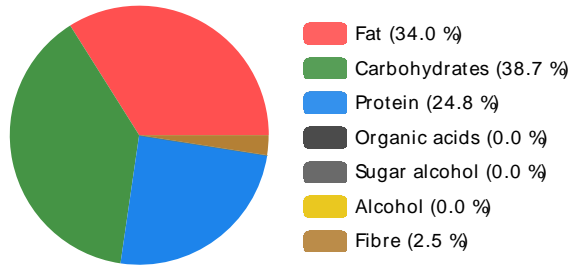
	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	12 lb 11.40 oz	0 %	12 lb 11.40 oz	0 %	12 lb 11.40 oz
Size of portion	8.14 oz		8.14 oz		8.14 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		Vitamins	
Fat	6.61 g	35.32 %	165.53 kcal	Salt	0.83 g		
Saturated	2.12 g	11.34 %	692.59 kJ	Salt	0.83 %	Vitamin A	11.98 µg
Monounsaturated	1.56 g	8.32 %	0.69 MJ	Sodium	760.89 mg	Vitamin D	0.00 µg
Polyunsaturated	0.60 g	3.23 %		Phosphorus	24.79 mg	Thiamine	0.12 mg
Trans	0.01 g	0.04 %		Potassium	205.65 mg	Riboflavin	0.06 mg
Cholesterol	0.00 mg			Iron	1.77 mg	Niacin	1.10 mg
Linolenic acid	0.56 g			Calcium	60.41 mg	Vitamin B6	0.03 mg
Alpha-linolenic acid	37.80 mg			Zinc	0.18 mg	Vitamin B12	0.22 µg
Carbohydrate	16.41 g	40.29 %		Magnesium	6.59 mg	Folic acid	18.64 µg
Sugars	1.53 g	3.75 %		Iodine	0.00 µg	Vitamin C	1.51 mg
Sugar	0.00 g			Selenium	4.78 µg	Vitamin E	0.75 mg
Lactose	0.00 g			Copper	0.03 mg	Vitamin K	4.50 µg
Fibre	2.24 g	2.59 %					
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	23.20 g
Starch	8.06 g	19.78 %					
Protein	10.52 g	25.83 %					
Alcohol	0.00 g	0.00 %					

PERCENTAGE OF ENERGY



CO2



0.06 kg

Comparable CO2 emissions per 100 g.

Comparable values

Snacks	0.30 kg
Main courses	0.42 kg
Desserts	0.19 kg

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.