

Hungry Planet™ Grill Chicken Strips Taco Salad FS

Recipe group	Additional name	Diet factors	Portions	Portion size
SALADS	Hungry Planet	VG	25	11.93 oz

1 HUNGRY PLANET™ GRILLED CHICKEN STRIPS

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Diced Grilled Chicken	7 lb 13.00 oz		HEAT HUNGRY PLANET™ GRILLED CHICKEN STRIPS Reheat Hungry Planet™ Grilled Chicken Strips in 375°F oven until just warm (2-4 minutes).



2 TACO SALAD

Name of ingredient	Capacity measure	EP	Methods
Taco shells, hard	25.0 ea	0 lb 11.46 oz	ASSEMBLE TACO BOWL Assemble taco bowl by filling shell with lettuce, corn, beans, tomatoes, tossed with Caesar dressing. Top with pickled jalapenos, Hungry Planet™ Grilled Chicken Strips, cheese, sour cream, green onions, and cilantro.
Lettuce, romaine, shredded	18 3/4 cup	3 lb 1.60 oz	
Corn, canned	2 1/3 cup	0 lb 11.24 oz	
Beans, black, canned	2 1/3 cup	1 lb 3.84 oz	
Tomatoes, diced	~ 3 cup	1 lb 1.81 oz	
Salad dressing, caesar dressing, regular	~ 3 1/4 cup	1 lb 9.90 oz	
Jalapenos, pickled, chopped	~ 1 1/2 cup	0 lb 7.50 oz	
Vegan cheddar cheese, shredded	~ 3 cup	0 lb 12.35 oz	
Vegan sour cream	25 tbsp	0 lb 12.68 oz	
Green onions, tops only, chopped	~ 1 1/2 cup	0 lb 3.91 oz	
Cilantro, fresh, chopped	25 tbsp	0 lb 0.88 oz	

RECIPE IMAGES



ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

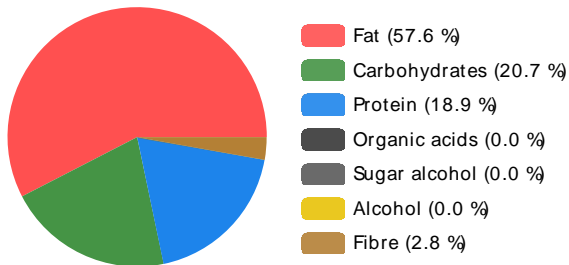
	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	18 lb 10.18 oz	0 %	18 lb 10.18 oz	0 %	18 lb 10.18 oz
Size of portion	11.93 oz		11.93 oz		11.93 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		Vitamins	
Fat	11.68 g	59.84 %	172.57 kcal	Salt	0.47 g		
Saturated	2.38 g	12.22 %	722.06 kJ	Salt	0.47 %	Vitamin A	80.56 µg
Monounsaturated	2.06 g	10.57 %	0.72 MJ	Sodium	439.28 mg	Vitamin D	0.01 µg
Polyunsaturated	4.95 g	25.35 %		Phosphorus	26.75 mg	Thiamine	0.04 mg
Trans	0.01 g	0.03 %		Potassium	224.73 mg	Riboflavin	0.03 mg
Cholesterol	3.39 mg			Iron	1.29 mg	Niacin	0.25 mg
Linolenic acid	2.75 g			Calcium	39.92 mg	Vitamin B6	0.04 mg
Alpha-linolenic acid	12.09 mg			Zinc	0.17 mg	Vitamin B12	0.11 µg
Carbohydrate	9.14 g	21.52 %		Magnesium	9.61 mg	Folic acid	0.92 µg
Sugars	0.86 g	2.02 %		Iodine	0.00 µg	Vitamin C	2.33 mg
Sugar	0.00 g			Selenium	0.52 µg	Vitamin E	0.57 mg
Lactose	0.00 g			Copper	0.03 mg	Vitamin K	30.63 µg
Fibre	2.62 g	2.91 %					
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %				Others	
Starch	2.60 g	6.13 %				Water	36.43 g
Protein	8.35 g	19.65 %					
Alcohol	0.00 g	0.00 %					

PERCENTAGE OF ENERGY



CO2



0.07 kg

Comparable values	
Snacks	0.30 kg
Main courses	0.42 kg
Desserts	0.19 kg

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.