

Hungry Planet™ Gyoza Ramen - 1503

Recipe group SOUP	Additional name Hungry Planet	Diet factors	Portions 25	Portion size 9.89 oz
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1 HUNGRY PLANET™ GYOZA RAMEN

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
125.0 ea	5 lb 7.50 oz	0%	5 lb 7.50 oz	Hungry Planet Gyoza™	MAKE HUNGRY PLANET GYOZA™ RAMEN Boil 2 cups water in pot. Add frozen gyoza and noodles and cook until gyoza and noodles are cooked (3 minutes).		
	7 lb 13.00 oz	0%	7 lb 13.00 oz	Soup, ramen noodle, any flavor, dry			

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
3 1/8 qt	1 lb 2.75 oz	0%	1 lb 2.75 oz	Baby spinach	Add spinach and cook until wilted. Add flavor packet and stir.		

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
50 tbsp	0 lb 14.99 oz	0%	0 lb 14.99 oz	Corn, canned	Pour into bowl and top with corn and chili oil. Serve hot.		
6 1/4 tsp	0 lb 1.04 oz	0%	0 lb 1.04 oz	Chili Garlic Sauce			

RECIPE IMAGES



ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	15 lb 7.28 oz	0 %	15 lb 7.28 oz	0 %	15 lb 7.28 oz
Size of portion	9.89 oz		9.89 oz		9.89 oz

ADDITIONAL INFO

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MEMO

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COSTS

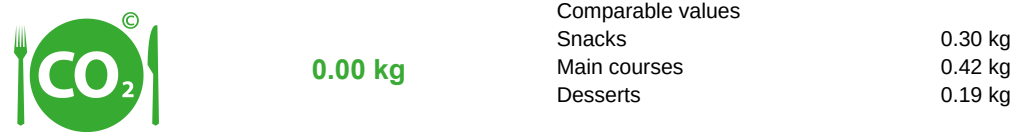
	Ingredients	Other costs	Total
Total price	\$0.00	\$0.00	\$0.00
Price / lb	\$0.00	\$0.00	\$0.00
Price per ptn	\$0.00	\$0.00	\$0.00

NUTRITION INFORMATION

supply / 100 g

Energy nutritives				% of energy	RI	Minerals		RI		
Total fat		10.93 g	35.17 %	16 %	274.76 kcal	14 %	Salt	2.76 g	46 %	
Saturated		4.72 g	15.20 %	24 %	1,149.60 kJ		Salt	2.76 %	Vitamins	
Monounsaturated		4.02 g	12.93 %		1.15 MJ		Sodium	1,104.95 mg	Vitamin A	2.27 µg
Polyunsaturated		1.41 g	4.55 %				Phosphorus	105.86 mg	Vitamin D	0.07 µg
Trans		0.04 g	0.11 %				Potassium	200.60 mg	Thiamine	0.36 mg
Cholesterol		6.02 mg					Iron	2.36 mg	Riboflavin	0.18 mg
Linolenic acid		1.34 g					Calcium	20.70 mg	Niacin	3.58 mg
Alpha-linolenic acid		29.40 mg					Zinc	0.91 mg	Vitamin B6	0.11 mg
Total Carbohydrate		36.07 g	53.34 %	14 %			Magnesium	20.86 mg	Vitamin B12	0.22 µg
Sugars		2.12 g	-0.18 %	2 %			Iodine	0.00 µg	Folate	35.38 µg
Sugar		0.00 g					Selenium	17.98 µg	Vitamin C	3.22 mg
Lactose		0.00 g					Copper	0.08 mg	Vitamin E	1.33 mg
Fiber		2.10 g	1.46 %						Vitamin K	23.96 µg
Organic acids		0.00 g	0.00 %							
Sugar alcohol		0.00 g	0.00 %						Others	
Starch		29.08 g	43.01 %						Water	33.27 g
Protein		8.21 g	12.14 %	16 %						
Alcohol		0.00 g	0.00 %							

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.