

# Hungry Planet™ Crispy Weekday Chicken Parm - 1505

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	12.53 oz

1 HUNGRY PLANET™ CRISPY CHICKEN

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
31.2 ea	7 lb 13.00 oz	0%	7 lb 13.00 oz	Hungry Planet™ Crispy Chicken	<b>HUNGRY PLANET™ CRISPY CHICKEN</b> Spoon tomato sauce, mozzarella, and parmesan on Hungry Planet™ Crispy Chicken. Bake in 350 oven until Hungry Planet™ Crispy Chicken is warmed through and cheeses have melted (10 minutes).		
4 2/3 cup	2 lb 8.51 oz	0%	2 lb 8.51 oz	Tomato products, canned, sauce, with onions			
~ 3 cup	0 lb 12.50 oz	0%	0 lb 12.50 oz	Vegan mozzarella cheese, shredded			
~ 3 cup	0 lb 10.94 oz	0%	0 lb 10.94 oz	Vegan parmesan, dry, grated			

1 GARNISH

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
~ 1/2 cup	0 lb 0.94 oz	0%	0 lb 0.94 oz	Parsley, fresh	<b>SIDES AND GARNISH</b> Serve hot with cooked pasta and garnish with parsley.		
25 cup	7 lb 11.46 oz	0%	7 lb 11.46 oz	Spaghetti, cooked			

RECIPE IMAGES



ALLERGENS

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**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	19 lb 9.34 oz	0 %	19 lb 9.34 oz	0 %	19 lb 9.34 oz
Size of portion	12.53 oz		12.53 oz		12.53 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		1.74 g	19.65 %	2 %	78.13 kcal	4 %	Salt	0.42 g	7 %	
Saturated		1.08 g	12.22 %	5 %	326.88 kJ		Salt	0.42 %	Vitamins	
Monounsaturated		0.03 g	0.37 %		0.33 MJ		Sodium	165.37 mg	Vitamin A	9.97 µg
Polyunsaturated		0.11 g	1.28 %				Phosphorus	47.77 mg	Vitamin D	0.00 µg
Trans		0.00 g	0.00 %				Potassium	79.46 mg	Thiamine	0.05 mg
Cholesterol		0.00 mg					Iron	0.55 mg	Riboflavin	0.06 mg
Linolenic acid		0.10 g					Calcium	47.74 mg	Niacin	0.77 mg
Alpha-linolenic acid		0.00 mg					Zinc	0.46 mg	Vitamin B6	0.07 mg
Total Carbohydrate		13.44 g	69.91 %	5 %			Magnesium	27.03 mg	Vitamin B12	0.00 µg
Sugars		0.00 g	0.00 %	0 %			Iodine	0.00 µg	Folate	0.00 µg
Sugar		0.00 g					Selenium	8.81 µg	Vitamin C	2.04 mg
Lactose		0.00 g					Copper	0.11 mg	Vitamin E	0.00 mg
Fiber		0.24 g	0.59 %						Vitamin K	4.91 µg
Organic acids		0.00 g	0.00 %							
Sugar alcohol		0.00 g	0.00 %						Others	
Starch		0.00 g	0.00 %						Water	38.24 g
Protein		2.02 g	10.48 %	4 %						
Alcohol		0.00 g	0.00 %							

CO2



0.01 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.