

Hungry Planet Boneless Rib Sandwich FS

| Recipe group | Additional name | Diet factors | Portions | Portion size |
|--------------|-----------------|--------------|----------|--------------|
| SANDWICHES | Hungry Planet | | 25 | 8.33 oz |

| Name of ingredient | Capacity measure | EP | Methods |
|-------------------------------|------------------|--------------|--|
| 1 Hungry Planet Pork™ | | | Prep meat by mixing with extra virgin olive oil, vegan worcestershire sauce, granulated garlic, sweet & smoky rub, kosher salt and black pepper. |
| Olive oil, extra virgin | ~ 2/3 cup | 0 lb 4.76 oz | |
| Vegan Worcestershire sauce | 7 1/2 tbsp | 0 lb 4.55 oz | |
| Spices, garlic, granulated | 2 1/2 tbsp | 0 lb 0.94 oz | |
| Seasoning, dry rub | ~ 2/3 cup | 0 lb 3.18 oz | |
| Salt, kosher, Diamond Crystal | 1 1/4 tsp | 0 lb 0.12 oz | |
| Spices, pepper, black | 1 1/4 tsp | 0 lb 0.10 oz | |



| Name of ingredient | Capacity measure | EP | Methods |
|--------------------|------------------|----|---|
| 2 | | | Form into 4 oz oval patties. Refrigerate for at least 2 hours or overnight. Cooking options: 1. Bake on parchment paper at 400°F for 8-10 minutes. 2. Pan-fry over medium-high heat in an oiled non-stick pan. 2-3 minutes each side. 3. Grill over direct heat. 2-3 minutes each side. |

| Name of ingredient | Capacity measure | EP | Methods |
|--------------------------|------------------|---------------|---|
| 3 Sauce, barbecue | ~ 3 cup | 1 lb 14.75 oz | Finishing: 1. Brush each side with 1 tablespoon barbecue sauce and allow to sit for 2 minutes. 2. Brush each side with 1 tablespoon barbecue sauce and pan-fry for 15 seconds each side. 3. Brush each side with 1 tablespoon barbecue sauce and grill until lightly charred on each side. |

4 SANDWICH ASSEMBLY

| Name of ingredient | Capacity measure | EP | Methods |
|------------------------------------|------------------|---------------|---|
| PEPPERIDGE FARM, White Hoagie Roll | 25.0 ea | 3 lb 12.25 oz | BUILD SANDWICH Toast buns. Place one boneless rib on the bottom. Top with 4 pickle slices. Top with 6-8 onion slices. Place bun on top. |
| Pickles, dill, sliced | ~ 1 1/4 pt | 0 lb 12.50 oz | |
| Onions, raw, sliced | 1 1/4 pt | 0 lb 11.12 oz | |

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

| | Raw | Cooking loss | Cooked | Loss when served | Final |
|-----------------|---------------|--------------|---------------|------------------|---------------|
| Total weight | 13 lb 0.28 oz | 0 % | 13 lb 0.28 oz | 0 % | 13 lb 0.28 oz |
| Size of portion | 8.33 oz | | 8.33 oz | | 8.33 oz |

NUTRITION INFORMATION

supply / 100 g

| Energy nutritives | | % of energy | Energy | Minerals | | |
|----------------------|---------|-------------|-------------|------------|-----------|-------------|
| Fat | 6.44 g | 29.75 % | 191.49 kcal | Salt | 1.03 g | |
| Saturated | 1.05 g | 4.85 % | 801.21 kJ | Salt | 1.03 % | Vitamins |
| Monounsaturated | 2.23 g | 10.30 % | 0.80 MJ | Sodium | 498.94 mg | Vitamin A |
| Polyunsaturated | 1.39 g | 6.40 % | | Phosphorus | 7.76 mg | Vitamin D |
| Trans | 0.00 g | 0.00 % | | Potassium | 196.05 mg | Thiamine |
| Cholesterol | 0.00 mg | | | Iron | 2.12 mg | Riboflavin |
| Linolenic acid | 0.24 g | | | Calcium | 56.60 mg | Niacin |
| Alpha-linolenic acid | 3.23 mg | | | Zinc | 0.05 mg | Vitamin B6 |
| Carbohydrate | 25.54 g | 54.20 % | | Magnesium | 3.17 mg | Vitamin B12 |
| Sugars | 6.92 g | 14.68 % | | Iodine | 0.00 µg | Folic acid |
| Sugar | 0.00 g | | | Selenium | 0.34 µg | Vitamin C |
| Lactose | 0.00 g | | | Copper | 0.02 mg | Vitamin E |
| Fibre | 2.93 g | 2.93 % | | | | Vitamin K |
| Organic acids | 0.00 g | 0.00 % | | | | |
| Sugar alcohol | 0.00 g | 0.00 % | | | | Others |
| Starch | 0.05 g | 0.11 % | | | | Water |
| Protein | 6.86 g | 14.56 % | | | | 24.45 g |
| Alcohol | 0.00 g | 0.00 % | | | | |