

Hungry Planet Chipotle Chicken Patty™ Tray Bake

Recipe group MAIN DISH	Additional name Hungry Planet	Diet factors	Portions 25	Portion size 14.00 oz
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1 SUCCOTASH BAKE

Name of ingredient	Capacity measure	EP	Methods
Oil, canola	~ 1 cup	0 lb 6.02 oz	
Succotash, (corn and limas), frozen		9 lb 6.00 oz	
Red bell pepper, sliced	6.2 ea	1 lb 10.24 oz	
Butternut, small dice	2 qt	2 lb 5.50 oz	
Smoked paprika	~ 1/3 cup	0 lb 1.50 oz	
Cumin, ground	~ 3 1/4 tbsp	0 lb 0.65 oz	

SUCCOTASH BAKE

Heat oven to 375°F. Arrange succotash, red bell pepper, and butternut on a baking tray and drizzle with oil, spices, and a large pinch of salt. Bake until vegetables are cooked through (10-15 minutes).

2 HUNGRY PLANET CHIPOTLE CHICKEN PATTY™ BAKE

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Southwest Chipotle Chicken Patty™	25.0 ea	6 lb 4.00 oz	

SEAR HUNGRY PLANET SOUTHWEST CHIPOTLE CHICKEN PATTY™

In a medium size nonstick skillet, heat oil over medium-low heat. When oil is hot, place frozen patties in the skillet, cover and cook for 5 minutes. Flip patties and cook for an additional 4 minutes or until internal temperature reaches 160°F.

3 GARNISH

Name of ingredient	Capacity measure	EP	Methods
Guacamole	~ 3 cup	1 lb 11.56 oz	
Cilantro, fresh, chopped	~ 1 cup	0 lb 0.44 oz	



GARNISH

Garnish with guacamole, lime wedges, and cilantro.

RECIPE IMAGES



ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	21 lb 13.90 oz	0 %	21 lb 13.90 oz	0 %	21 lb 13.90 oz
Size of portion	14.00 oz		14.00 oz		14.00 oz

NUTRITION INFORMATION

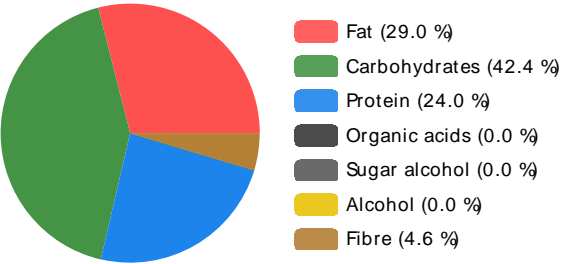
supply / 100 g

Energy nutritives			% of energy	Minerals			Vitamins	
Fat			32.12 %	Salt			Vitamin A	
Saturated			3.23 %	Salt			Vitamin D	
Monounsaturated			10.96 %	Sodium			Thiamine	
Polyunsaturated			7.91 %	Phosphorus			Riboflavin	
Trans			0.11 %	Potassium			Niacin	
Cholesterol				Iron			Vitamin B6	
Linolenic acid				Calcium			Vitamin B12	
Alpha-linolenic acid				Zinc			Folic acid	
Carbohydrate			46.96 %	Magnesium			Vitamin C	
Sugars			2.66 %	Iodine			Vitamin E	
Sugar				Selenium			Vitamin K	
Lactose				Copper				
Fibre			5.13 %					
Organic acids			0.00 %					
Sugar alcohol			0.00 %					
Starch			1.35 %					
Protein			26.62 %					
Alcohol			0.00 %					

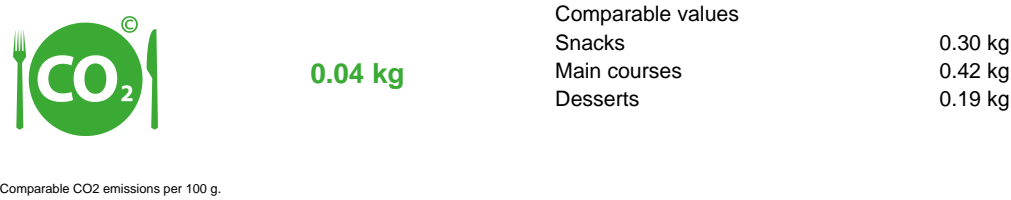
Energy		Minerals		Vitamins	
115.07 kcal		Salt		Vitamin A	
481.47 kJ		Salt		Vitamin D	
0.48 MJ		Sodium		Thiamine	
		Phosphorus		Riboflavin	
		Potassium		Niacin	
		Iron		Vitamin B6	
		Calcium		Vitamin B12	
		Zinc		Folic acid	
		Magnesium		Vitamin C	
		Iodine		Vitamin E	
		Selenium		Vitamin K	
		Copper			

Others	
Water	53.50 g

PERCENTAGE OF ENERGY



CO2



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.