Hungry Planet Chipotle Chicken Patty™ Tray Bake

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

1 SUCCOTASH BAKE

Name of ingredient	Capacity measure	EP	Methods
Oil, canola	~ 1 cup	0 lb 6.02 oz	SUCCOTASH BAKE
Succotash, (corn and limas), frozen		9 lb 6.00 oz	Heat oven to 375°F. Arrange succotash, red bell pepper, and butternut on a baking tray and drizzle with oil, spices, and a
Red bell pepper, sliced	6.2 ea	1 lb 10.24 oz	large pinch of salt. Bake until vegetables are cooked through (10-15 minutes).
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	

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™
, any			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	GARNISH
Cilantro, fresh, chopped	~ 1 cup	0 lb 0.44 oz	Garnish with guacamole, lime wedges, and cilantro.

RECIPE IMAGES



ALLERGENS



WEIGHTS

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

NUTRITION INFORMATION

supply / 100 g

		_				
	0,		Salt	0.16 g		
4.18 g			Salt	0.16 %		
0.42 g	3.23 %	481.47 kJ	Sodium	205.84 mg		88.93 µg
1.43 g	10.96 %	0.48 MJ	Phosphorus			0.00 µg
1.03 g	7.91 %				Thiamine	0.11 mg
0.01 g	0.11 %				Riboflavin	0.05 mg
0.71 mg					Niacin	0.95 mg
0.81 g				-	Vitamin B6	0.11 mg
183.52 mg					Vitamin B12	0.02 µg
13.30 g	46.96 %		0	-	Folic acid	0.00 µg
0.75 g	2.66 %				Vitamin C	18.38 mg
0.00 g					Vitamin E	0.85 mg
0.11 g			Coppor	0.10 mg	Vitamin K	3.84 µg
3.09 g	5.13 %					
0.00 g	0.00 %				Others	
0.00 g	0.00 %					53.50 g
0.38 g	1.35 %				water	55.50 g
7.54 g	26.62 %					
0.00 g	0.00 %					
	1.43 g 1.03 g 0.01 g 0.71 mg 0.81 g 183.52 mg 13.30 g 0.75 g 0.00 g 0.11 g 3.09 g 0.00 g 0.00 g 0.00 g 0.38 g 7.54 g	$\begin{array}{cccc} 0.42 & 3.23 \ \% \\ 1.43 & 10.96 \ \% \\ 1.03 & 7.91 \ \% \\ 0.01 & 0.11 \ \% \\ 0.01 & 0.11 \ \% \\ 0.71 \ mg \\ 0.81 & g \\ 183.52 \ mg \\ 183.52 \ mg \\ 183.52 \ mg \\ 13.30 & 46.96 \ \% \\ 0.75 & 2.66 \ \% \\ 0.00 & g \\ 0.11 & g \\ 0.11 & g \\ 1.30 & 9 & 5.13 \ \% \\ 0.00 & 9 & 0.00 \ \% \\ 0.00 & 9 & 0.00 \ \% \\ 0.00 & 9 & 0.00 \ \% \\ 0.00 & g & 1.35 \ \% \\ 7.54 & g & 26.62 \ \% \\ \end{array}$	$\begin{array}{c ccccc} & & & & & & & & & & & & & & & & &$	4.18 g 32.12 % 115.07 kcal Salt 0.42 g 3.23 % 481.47 kJ Sodium 1.43 g 10.96 % 0.48 MJ Phosphorus 1.03 g 7.91 % Potassium Potassium 0.01 g 0.11 % Iron Calcium 0.71 mg Zinc Magnesium 0.81 g Zinc Magnesium 13.30 g 46.96 % Selenium 0.00 g 2.66 % Selenium 0.00 g 0.00 % Copper 0.11 g 5.13 % Solium 0.00 g 0.00 % Selenium 0.11 g Selenium Selenium	Ked energy Energy Salt 0.16 g 4.18 g 32.12 % 115.07 kcal Salt 0.16 % 0.42 g 3.23 % 481.47 kJ Sodium 205.84 mg 1.43 g 10.96 % 0.48 MJ Phosphorus 72.02 mg 1.03 g 7.91 % Iron 1.66 mg 0.01 g 0.11 % Iron 1.66 mg 0.71 mg Calcium 38.19 mg Zinc 0.36 mg 183.52 mg Magnesium 27.23 mg Iodine 0.00 µg 0.75 g 2.66 % Selenium 0.61 µg 0.00 g 0.00 % Copper 0.10 mg 0.11 g Capper 0.10 mg Copper 0.10 mg	Lenergy Energy Salt 0.16 g Marries 4.18 g 32.12 % 115.07 kcal Salt 0.16 % Vitamin A 0.42 g 3.23 % 481.47 kJ Sodium 205.84 mg Vitamin A 1.43 g 10.96 % 0.48 MJ Phosphorus 72.02 mg Thiamine 1.03 g 7.91 % Potassium 319.51 mg Thiamine Riboflavin 0.01 g 0.11 % Iron 1.66 mg Nacin Vitamin B12 0.81 g Zinc 0.36 mg Vitamin B12 Folic acid Vitamin B12 13.30 g 46.96 % Selenium 0.61 µg Vitamin C Vitamin C 0.01 g 0.00 g 0.00 % Selenium 0.61 µg Vitamin K 3.09 g 5.13 % Copper 0.10 mg Vitamin K 0.00 g 0.00 % 0.00 % Vitamin K Vitamin K 0.00 g 0.00 % 0.00 % Vitamin K Vitamin K

PERCENTAGE OF ENERGY



CO2



0.04 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 dor all the portions in relation to each other. The CO2 emission sure 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.