

Hungry Planet Crab Cakes™ and Corn Chowder

Recipe group MAIN DISH	Additional name Hungry Planet	Diet factors VG,	Portions 25	Portion size 12.07 oz
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1 HEAT CHOWDER

Name of ingredient	Capacity measure	EP	Methods
Santa Fe Corn Chowder, canned	6 1/8 qt	12 lb 8.00 oz	HEAT CHOWDER Heat corn chowder in a pot over medium heat until hot.

2 HUNGRY PLANET CRAB CAKES™

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet® Crab Cakes	25.0 ea	6 lb 4.00 oz	SEAR HUNGRY PLANET CRAB CAKES™ 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. Garnish with cilantro.
Cilantro sprigs	3 1/4 cup	0 lb 1.83 oz	

RECIPE IMAGES



ALLERGENS



WEIGHTS

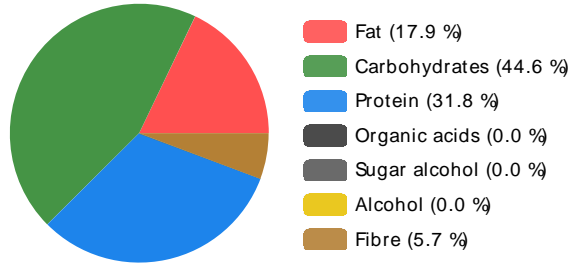
	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	18 lb 13.83 oz	0 %	18 lb 13.83 oz	0 %	18 lb 13.83 oz
Size of portion	12.07 oz		12.07 oz		12.07 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives	% of energy	Energy	Minerals	Vitamins
Fat	1.80 g	19.98 %	79.63 kcal	Salt 0.22 g
Saturated	0.17 g	1.84 %	333.19 kJ	Salt 0.22 %
Monounsaturated	0.00 g	0.02 %	0.33 MJ	Sodium 159.97 mg
Polyunsaturated	0.00 g	0.00 %		Phosphorus 0.29 mg
Trans	0.00 g	0.00 %		Potassium 102.56 mg
Cholesterol	0.00 mg			Iron 1.30 mg
Linolenic acid	0.00 g			Calcium 32.21 mg
Alpha-linolenic acid	0.00 mg			Zinc 0.00 mg
Carbohydrate	9.76 g	49.81 %		Magnesium 0.16 mg
Sugars	2.39 g	12.20 %		Iodine 0.00 µg
Sugar	0.00 g			Selenium 0.01 µg
Lactose	0.00 g			Copper 0.00 mg
Fibre	2.67 g	6.40 %		
Organic acids	0.00 g	0.00 %		
Sugar alcohol	0.00 g	0.00 %		
Starch	0.00 g	0.00 %		
Protein	6.97 g	35.56 %		
Alcohol	0.00 g	0.00 %		
				Others
				Water 57.08 g

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 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.