

Hungry Planet Crab Rangoon Crisps

Recipe group SNACKS	Additional name Hungry Planet	Diet factors VG,	Portions 25	Portion size 5.81 oz
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1 FRY HUNGRY PLANET CRAB CAKES™ AND WRAPPER

Name of ingredient	Capacity measure	EP	Methods
Wonton wrappers	50.0 ea	0 lb 14.11 oz	WRAPPER CRISPS
Hungry Planet Crab Cakes™	25.0 ea	6 lb 4.00 oz	

Heat oil in a small nonstick pan. Add one wonton wrapper when oil is hot and let fry, flipping the wrapper over every few seconds to ensure even browning until the wrapper has become a golden chip (less than 25 seconds per chip).

2 ARRANGE

Name of ingredient	Capacity measure	EP	Methods
Vegan cream cheese	~ 2 cup	1 lb 1.64 oz	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. Cut in half or thirds to fit on the chips.
Sweet Chili Sauce	~ 1 1/2 cup	0 lb 12.50 oz	
Cilantro, fresh, chopped	~ 1 1/2 cup	0 lb 0.88 oz	



3 ARRANGE

Carefully spread softened cream cheese on chip. Arrange Hungry Planet Crab Cakes™ and drizzle with sweet chili sauce and cilantro. Serve warm.

RECIPE IMAGES



ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	9 lb 1.13 oz	0 %	9 lb 1.13 oz	0 %	9 lb 1.13 oz
Size of portion	5.81 oz		5.81 oz		5.81 oz

NUTRITION INFORMATION

supply / 100 g

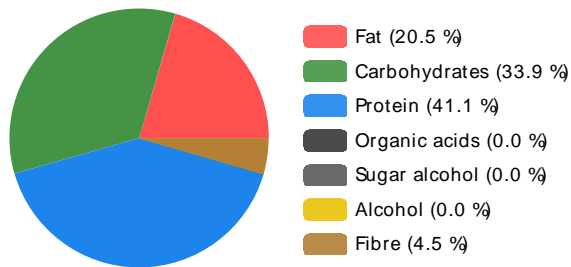
Energy nutritives		% of energy
Fat	2.91 g	21.77 %
Saturated	0.37 g	2.77 %
Monounsaturated	0.02 g	0.16 %
Polyunsaturated	0.06 g	0.45 %
Trans	0.00 g	0.00 %
Cholesterol	0.87 mg	
Linolenic acid	0.06 g	
Alpha-linolenic acid	0.00 mg	
Carbohydrate	10.47 g	36.06 %
Sugars	0.01 g	0.02 %
Sugar	0.00 g	
Lactose	0.00 g	
Fibre	2.95 g	4.78 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	0.00 g	0.00 %
Protein	12.68 g	43.65 %
Alcohol	0.00 g	0.00 %

Energy	Minerals
118.01 kcal	Salt 0.14 g
493.79 kJ	Salt 0.14 %
0.49 MJ	Sodium 207.48 mg
	Phosphorus 8.17 mg
	Potassium 217.85 mg
	Iron 1.65 mg
	Calcium 39.43 mg
	Zinc 0.07 mg
	Magnesium 2.10 mg
	Iodine 0.00 µg
	Selenium 2.75 µg
	Copper 0.02 mg

Vitamins	
Vitamin A	2.44 µg
Vitamin D	0.00 µg
Thiamine	0.05 mg
Riboflavin	0.04 mg
Niacin	0.53 mg
Vitamin B6	0.00 mg
Vitamin B12	0.00 µg
Folic acid	6.71 µg
Vitamin C	0.16 mg
Vitamin E	0.02 mg
Vitamin K	1.88 µg

Others	
Water	3.36 g

PERCENTAGE OF ENERGY



CO2



0.08 kg

Comparable CO2 emissions per 100 g.

Comparable values	
Snacks	0.30 kg
Main courses	0.42 kg
Desserts	0.19 kg

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.