

Hungry Planet™ Crumble Calamarata Red Pepper Pasta

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet	VG,	25	12.28 oz

1 PASTA

Name of ingredient	Capacity measure	EP	Methods
Pasta, penne, dry <i>Use rigatoni as a substitute.</i>	6 3/8 qt	4 lb 11.00 oz	COOK PASTA Cook Calamarata pasta in boiling salted water according to the timing on the box or until al dente. Set aside.

2 ROASTED PEPPER SAUCE

Name of ingredient	Capacity measure	EP	Methods
Peppers, red, roasted	3 1/8 qt	4 lb 11.00 oz	MAKE ROASTED PEPPER SAUCE In a blender, add roasted red bell peppers, garlic, shallot, cashews, broth and cream. Blend until well combined and creamy. Taste for seasoning.
Garlic, roasted, chopped	~ 1 cup	0 lb 3.75 oz	
Shallots, raw	~ 1 cup	0 lb 3.12 oz	
Nuts, cashew nuts, oil roasted, with salt added <i>Coarse chop</i>	~ 1 pt	0 lb 9.38 oz	
Broth, vegetable, ready to serve	1 1/4 qt	2 lb 6.98 oz	
Cream, vegan	~ 1 1/2 cup	0 lb 12.50 oz	
Salt, kosher, Diamond Crystal	1/2 cup	0 lb 2.35 oz	
Spices, black pepper, ground	~ 1/4 cup	0 lb 0.99 oz	

3 HUNGRY PLANET™ CRUMBLE

Name of ingredient	Capacity measure	EP	Methods
Vegan butter	~ 1 cup	0 lb 6.17 oz	HUNGRY PLANET™ CRUMBLE Heat Hungry Planet™ Crumble in pan with butter until warm remove 1/3 of the Hungry Planet Crumble. Add sauce to remaining crumble, bring to a simmer and add pasta. Stir to combine. Top pasta with Hungry Planet™ Crumble, grated parmesan and fresh cracked black pepper.
Hungry Planet™ Crumble		4 lb 10.41 oz	
Vegan parmesan, dry, grated	~ 1 1/2 cup	0 lb 5.47 oz	

RECIPE IMAGES



ALLERGENS

 SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	19 lb 3.12 oz	0 %	19 lb 3.12 oz	0 %	19 lb 3.12 oz
Size of portion	12.28 oz		12.28 oz		12.28 oz

NUTRITION INFORMATION

supply / 100 g

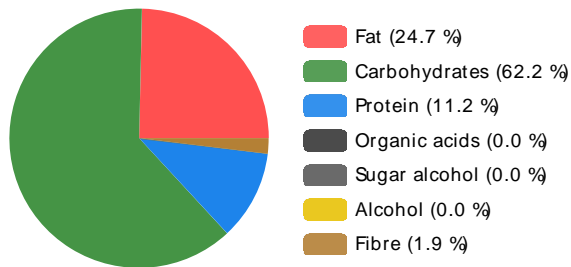
Energy nutritives		% of energy
Fat	4.04 g	25.48 %
Saturated	0.88 g	5.55 %
Monounsaturated	1.72 g	10.85 %
Polyunsaturated	1.05 g	6.63 %
Trans	0.00 g	0.00 %
Cholesterol	0.00 mg	
Linolenic acid	0.67 g	
Alpha-linolenic acid	6.35 mg	
Carbohydrate	22.20 g	64.30 %
Sugars	2.30 g	6.67 %
Sugar	0.00 g	
Lactose	0.00 g	
Fibre	1.46 g	1.99 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	15.58 g	45.14 %
Protein	3.99 g	11.56 %
Alcohol	0.00 g	0.00 %

Energy	Minerals
140.28 kcal	Salt 1.11 g
586.94 kJ	Salt 1.11 %
0.59 MJ	Sodium 459.94 mg
	Phosphorus 67.69 mg
	Potassium 115.42 mg
	Iron 0.90 mg
	Calcium 17.85 mg
	Zinc 0.55 mg
	Magnesium 23.93 mg
	Iodine 0.00 µg
	Selenium 16.18 µg
	Copper 0.15 mg

Vitamins	
Vitamin A	3.08 µg
Vitamin D	0.00 µg
Thiamine	0.04 mg
Riboflavin	0.03 mg
Niacin	0.65 mg
Vitamin B6	0.08 mg
Vitamin B12	0.00 µg
Folic acid	0.00 µg
Vitamin C	8.49 mg
Vitamin E	0.12 mg
Vitamin K	1.84 µg

Others	
Water	40.60 g

PERCENTAGE OF ENERGY



CO2



0.03 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.