Hungry Planet™ Ital Meatball Spaghetti Squash FS

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	15.99 oz

1 SQUASH

Name of ingredient	Capacity measure	EP
Squash, winter, spaghetti, raw		9 lb 6.00 oz
Olive oil, extra virgin	1/2 cup	0 lb 3.81 oz
Salt, kosher, Diamond Crystal	~ 1 1/2 tbsp	0 lb 0.46 oz

COOK SQUASH

Split squash in half and remove seeds. Drizzle with olive oil and salt and place in a roasting pan covered with foil, skin side up. Roast in oven at 400°F for 20-25 minutes or until squash is cooked. Allow to cool slightly before scraping out the flesh with a fork. Set aside.

2 HUNGRY PLANET™ ITALIAN MEATBALLS

Name of ingredient	Capacity measure	EP
Vegan butter	~ 1 1/2 cup	0 lb 12.35 oz
Hungry Planet Italian Sausage Meatball™	125.0 ea	7 lb 13.00 oz
Tomato sauce, 8 oz can	12.5 ea	6 lb 4.00 oz

MAKE SAUCE AND HUNGRY PLANET™ ITALIAN MEATBALLS

Heat butter over medium heat. Add Hungry Planet™ Italian Meatballs and lightly saute for 2-3 minutes. Add the tomato sauce and simmer for 10 minutes. Add the cooked squash and stir gently to combine. Taste for seasoning.

3 GARNISH

Name of ingredient	Capacity measure	EP
Vegan parmesan, dry, grated	2 1/3 cup	0 lb 8.20 oz

GARNISH

Top with grated vegan parmesan cheese.

RECIPE IMAGES

ALLERGENS

SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	24 lb 15.82 oz	0 %	24 lb 15.82 oz	0 %	24 lb 15.82 oz
Size of portion	15.99 oz		15.99 oz		15.99 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy
Fat	4.76 g	47.38 %
Saturated	0.85 g	8.44 %
Monounsaturated	1.83 g	18.16 %
Polyunsaturated	0.77 g	7.68 %
Trans	0.00 g	0.00 %
Cholesterol	0.00 mg	
Linolenic acid	0.16 g	
Alpha-linolenic acid	0.00 mg	
Carbohydrate	6.42 g	29.36 %
Sugars	1.93 g	8.80 %
Sugar	0.00 g	
Lactose	0.00 g	
Fibre	2.81 g	6.05 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	0.00 g	0.00 %
Protein	5.86 g	26.77 %
Alcohol	0.00 g	0.00 %

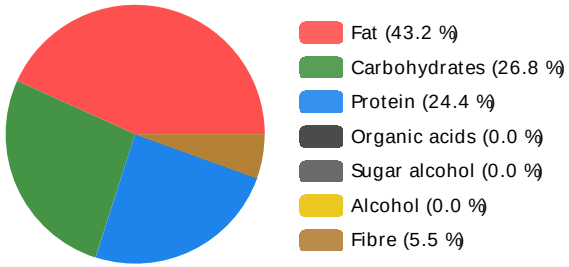
Energy	
88.87 kcal	
371.83 kJ	
0.37 MJ	

Minerals	
Salt	0.42 g
Salt	0.42 %
Sodium	308.27 mg
Phosphorus	11.26 mg
Potassium	280.52 mg
Iron	1.46 mg
Calcium	46.56 mg
Zinc	0.13 mg
Magnesium	8.25 mg
Iodine	0.00 µg
Selenium	0.26 µg
Copper	0.05 mg

Vitamins	
Vitamin A	7.75 µg
Vitamin D	0.00 µg
Thiamine	0.02 mg
Riboflavin	0.03 mg
Niacin	0.60 mg
Vitamin B6	0.06 mg
Vitamin B12	0.00 µg
Folic acid	0.00 µg
Vitamin C	2.54 mg
Vitamin E	0.55 mg
Vitamin K	1.61 µg

Others	
Water	57.20 g

PERCENTAGE OF ENERGY



CO2

0.00 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.