

# Hungry Planet Chipotle Chicken Patty™ Taco

Recipe group	Additional name	Diet factors	Portions	Portion size
SANDWICHES	Hungry Planet	VG	25	8.86 oz

## 1 HUNGRY PLANET SOUTHWEST CHIPOTLE CHICKEN PATTY™

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Southwest Chipotle Chicken Patty™	25.0 ea	6 lb 4.00 oz	<b>HUNGRY PLANET SOUTHWEST CHIPOTLE CHICKEN PATTY™</b> 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 to fit on taco.



## 2 BUILD TACO

Name of ingredient	Capacity measure	EP	Methods
Tortilla, corn, 6 inch	50.0 ea	4 lb 11.00 oz	<b>BUILD TACO</b> Assemble tacos. Toast tortillas lightly on a hot skillet. Layer the sour cream, Hungry Planet Southwest Chipotle Chicken Patty™, avocado, corn, pickled onions, and salsa. Serve hot.
Vegan sour cream	~ 1 1/2 cup	0 lb 12.68 oz	
Onions, pickled	~ 1 cup	0 lb 5.00 oz	
Corn, canned	~ 1 1/2 cup	0 lb 7.50 oz	
Salsa fresca	~ 1 1/2 cup	0 lb 13.23 oz	
Avocados, sliced	~ 1 1/2 cup	0 lb 8.05 oz	

RECIPE IMAGES



ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

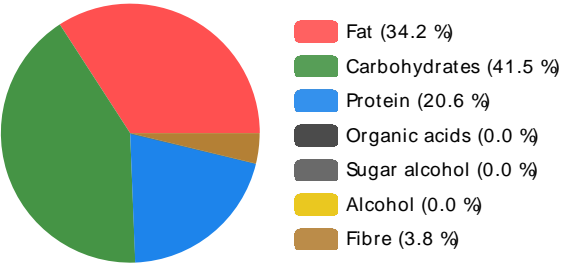
	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	13 lb 13.45 oz	0 %	13 lb 13.45 oz	0 %	13 lb 13.45 oz
Size of portion	8.86 oz		8.86 oz		8.86 oz

NUTRITION INFORMATION


supply / 100 g

Energy nutritives			% of energy	Energy			Minerals			Vitamins		
Fat	7.44 g	36.66 %		179.41 kcal			Salt	0.12 g				
Saturated	0.85 g	4.18 %		750.68 kJ			Salt	0.12 %		Vitamin A	0.25 µg	
Monounsaturated	1.41 g	6.97 %		0.75 MJ			Sodium	320.09 mg		Vitamin D	0.00 µg	
Polyunsaturated	3.01 g	14.85 %					Phosphorus	109.79 mg		Thiamine	0.03 mg	
Trans	0.00 g	0.00 %					Potassium	220.90 mg		Riboflavin	0.03 mg	
Cholesterol	0.00 mg						Iron	1.30 mg		Niacin	0.60 mg	
Linolenic acid	0.54 g						Calcium	50.55 mg		Vitamin B6	0.09 mg	
Alpha-linolenic acid	4.64 mg						Zinc	0.48 mg		Vitamin B12	0.00 µg	
Carbohydrate	19.66 g	44.52 %					Magnesium	25.88 mg		Folic acid	0.00 µg	
Sugars	0.78 g	1.76 %					Iodine	0.00 µg		Vitamin C	0.66 mg	
Sugar	0.00 g						Selenium	2.10 µg		Vitamin E	0.17 mg	
Lactose	0.00 g						Copper	0.06 mg		Vitamin K	0.76 µg	
Fibre	3.81 g	4.06 %										
Organic acids	0.00 g	0.00 %										
Sugar alcohol	0.00 g	0.00 %										
Starch	0.45 g	1.01 %										
Protein	9.76 g	22.10 %										
Alcohol	0.00 g	0.00 %										

PERCENTAGE OF ENERGY



CO2



0.05 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.