Hungry Planet® Crispy Pork & Lo Mein FS

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	10.90 oz

1

1

2

Name of ingredient	Capacity measure	EP
Hungry Planet Pork™		2 lb 1.33 oz
Seasoning, Cajun	~ 2 tbsp	0 lb 1.10 oz

Methods

Mix the Hungry Planet Pork and the cajun seasoning.
Line a baking sheet with parchment paper and coat with 2 tablespoons oil per pound of pork. Pinch off tablespoon size pieces of pork and place on prepared baking sheet. Bake in a preheated 400°F degree oven for 5 minutes. After 5 minutes flip over and bake another 5 minutes or until golden brown and crispy. When done take out and set aside.

3

Name of ingredient	Capacity measure	EP
Vegetable oil	8 1/3 tbsp	0 lb 4.01 oz
Olive oil, extra virgin	4 1/4 tbsp	0 lb 1.98 oz
Onions, red	~ 1 pt	0 lb 14.26 oz
Garlic clove, finely minced	6 1/4 tbsp	0 lb 1.88 oz
Celery, diced	~ 1 cup	0 lb 3.71 oz
Cabbage, raw	~ 2 pt	0 lb 12.50 oz
Peppers, red bell, chopped	~ 1 2/3 cup	0 lb 8.33 oz
Peppers, sweet, green, raw	2 cup	0 lb 8.33 oz
Broccoli, raw	~ 1 1/2 pt	0 lb 9.70 oz
Zucchini, diced	~ 1 qt	1 lb 6.05 oz
Carrots, raw, shredded	~ 1 qt	0 lb 7.50 oz
Sugars, brown	~ 1 cup	2 lb 2.33 oz
Soy sauce made from soy (tamari)	12 1/2 tbsp	0 lb 7.94 oz

Methods

In a large skillet heat the olive oil and remainder of vegetable oil over medium heat.
Add onions, garlic and celery cooking for 2-3 minutes.
Add cabbage, red and green peppers sauté for 2-3 minutes.
Add broccoli florets, zucchini, yellow squash, and carrots cook for 2-3 minutes.
Stir vegetables occasionally.
Stir soy sauce and brown sugar into vegetables.

4

Name of ingredient	Capacity measure	EP
Cornstarch	~ 2 tbsp	0 lb 0.59 oz
Water	~ 2 tbsp	0 lb 1.04 oz

Methods

Combine cornstarch with cold water and stir until smooth.
Stir cornstarch mixture into vegetables and cook for 2 minutes.

5

Name of ingredient	Capacity measure	EP
Cooked Pasta		6 lb 4.00 oz

Methods

Add the cooked noodle and toss together. Cook for 2 minutes or until noodles are hot.

1 pound dry pasta yields 3 pounds cooked

5.1.1 SUB-RECIPE: COOKED PASTA

Name of ingredient	Capacity measure	EP
Pasta, dry, enriched		2 lb 1.35 oz
Beverages, water, tap, municipal	2 1/8 qt	4 lb 2.70 oz
Salt, kosher, Diamond Crystal	1 5/8 tsp	0 lb 0.15 oz

Methods

Cook pasta according to package directions. Reserve 1 cup pasta water, drain pasta into a colander.
NOTE: use Purchase Weight of water and kosher salt to cook the pasta.

RECIPE IMAGES

ALLERGENS

GLUTEN, SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	17 lb 0.58 oz	0 %	17 lb 0.58 oz	0 %	17 lb 0.58 oz
Size of portion	10.90 oz		10.90 oz		10.90 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy
Fat	2.95 g	18.52 %
Saturated	0.26 g	1.63 %
Monounsaturated	1.49 g	9.33 %
Polyunsaturated	0.58 g	3.64 %
Trans	0.01 g	0.04 %
Cholesterol	0.00 mg	
Linolenic acid	0.43 g	
Alpha-linolenic acid	142.12 mg	
Carbohydrate	24.81 g	71.55 %
Sugars	13.59 g	39.18 %
Sugar	0.00 g	
Lactose	0.01 g	
Fibre	1.39 g	1.89 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	7.68 g	22.15 %
Protein	4.45 g	12.82 %
Alcohol	0.00 g	0.00 %

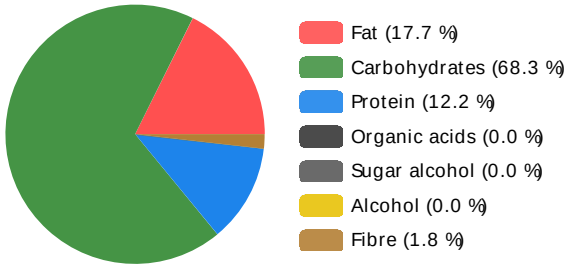
Energy
140.86 kcal
589.39 kJ
0.59 MJ

Minerals	
Salt	0.49 g
Salt	0.49 %
Sodium	223.75 mg
Phosphorus	39.32 mg
Potassium	161.85 mg
Iron	0.93 mg
Calcium	29.71 mg
Zinc	0.27 mg
Magnesium	13.64 mg
Iodine	0.00 µg
Selenium	8.17 µg
Copper	0.06 mg

Vitamins	
Vitamin A	30.77 µg
Vitamin D	0.00 µg
Thiamine	0.13 mg
Riboflavin	0.08 mg
Niacin	1.16 mg
Vitamin B6	0.09 mg
Vitamin B12	0.00 µg
Folic acid	26.80 µg
Vitamin C	13.47 mg
Vitamin E	0.50 mg
Vitamin K	10.12 µg

Others	
Water	57.70 g

PERCENTAGE OF ENERGY



CO2

0.37 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.