



# Hungry Planet Chicken™ Karaage

Recipe group APPETIZERS	Additional name Hungry Planet	Diet factors VG	Portions 25	Portion size 4.10 oz
----------------------------	----------------------------------	--------------------	----------------	-------------------------

	Name of ingredient	Capacity measure	EP	Methods
1	Soy sauce	~ 1/2 cup	0 lb 4.26 oz	Combine soy sauce, sake, and ginger.
	Sake	~ 1/3 cup	0 lb 2.57 oz	
	Ginger root, raw	~ 1/2 cup	0 lb 1.41 oz	
2	Hungry Planet Chicken™		5.00 lb	Mix soy sauce mixture with Hungry Planet chicken. Pull chicken into irregular pieces.
3	Potato flour	2 1/2 cup	0 lb 14.11 oz	Toss with potato flour. Deep fry at 375°F for 2-3 minutes or until crisp.
4	Salt, kosher, Diamond Crystal	1 1/4 tsp	0 lb 0.12 oz	Season immediately with salt.

## ALLERGENS

 GLUTEN,  SOYA

## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	6 lb 6.47 oz	0 %	6 lb 6.47 oz	0 %	6 lb 6.47 oz
Size of portion	4.10 oz		4.10 oz		4.10 oz

**NUTRITION INFORMATION**

supply / 100 g

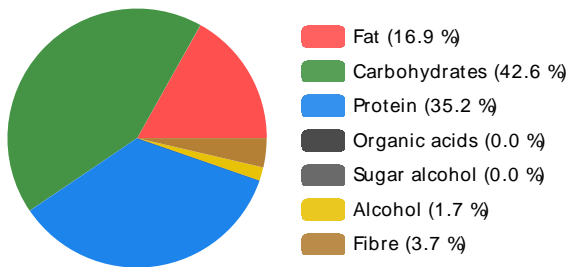
Energy nutritives		% of energy
<b>Fat</b>	<b>3.20 g</b>	<b>17.96 %</b>
Saturated	0.02 g	0.09 %
Monounsaturated	0.01 g	0.03 %
Polyunsaturated	0.03 g	0.16 %
Trans	0.00 g	0.00 %
Cholesterol	0.00 mg	
Linolenic acid	0.02 g	
Alpha-linolenic acid	0.00 mg	
<b>Carbohydrate</b>	<b>17.60 g</b>	<b>45.38 %</b>
Sugars	0.56 g	1.45 %
Sugar	0.00 g	
Lactose	0.00 g	
<b>Fibre</b>	<b>3.20 g</b>	<b>3.89 %</b>
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	0.00 g	0.00 %
<b>Protein</b>	<b>14.55 g</b>	<b>37.51 %</b>
<b>Alcohol</b>	<b>0.40 g</b>	<b>1.77 %</b>

Energy	Minerals
157.59 kcal	Salt 0.84 g
659.38 kJ	Salt 0.84 %
0.66 MJ	Sodium 720.32 mg
	Phosphorus 27.66 mg
	Potassium 396.99 mg
	Iron 1.70 mg
	Calcium 49.07 mg
	Zinc 0.09 mg
	Magnesium 10.90 mg
	Iodine 0.00 µg
	Selenium 0.23 µg
	Copper 0.03 mg

Vitamins	
Vitamin A	0.00 µg
Vitamin D	0.00 µg
Thiamine	0.03 mg
Riboflavin	0.01 mg
Niacin	0.61 mg
Vitamin B6	0.11 mg
Vitamin B12	0.00 µg
Folic acid	0.00 µg
Vitamin C	0.59 mg
Vitamin E	0.04 mg
Vitamin K	0.00 µg

Others	
Water	6.78 g

**PERCENTAGE OF ENERGY**



**CO2**



**0.10 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.