

# Hungry Planet™ Asian Meatballs and Zoodles

Recipe group MAIN DISH	Additional name Hungry Planet	Diet factors	Portions 25	Portion size 12.85 oz
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## 1 HUNGRY PLANET™ ASIAN MEATBALLS

Name of ingredient	Capacity measure	EP	Methods
Oil, canola	~ 1/3 cup	0 lb 2.26 oz	
Hungry Planet Asian Meatball™	125.0 ea	7 lb 13.00 oz	
Soy sauce, low sodium	~ 1 1/2 cup	0 lb 14.05 oz	

### HUNGRY PLANET™ ASIAN MEATBALLS

Heat oil in pan on medium heat. Add Hungry Planet™ Asian Meatballs and sear to reheat. Add soy sauce and cover to heat through (3-4 minutes). Remove from pan and keep warm.

## 2 VEGETABLE STIR FRY

Name of ingredient	Capacity measure	EP	Methods
Cabbage, shredded	1.27 gal	3 lb 2.00 oz	
Squash, zucchini noodles	1.502 gal	6 lb 4.00 oz	
Sambal Olek	~ 1/2 cup	0 lb 5.42 oz	
Green onions, tops only, chopped	~ 1 1/2 cup	0 lb 3.91 oz	
Soy sauce, low sodium	~ 1 1/2 cup	0 lb 14.05 oz	
Oil, sesame	~ 1/3 cup	0 lb 3.00 oz	

### STIR FRY ZOODLES

To the same pan, add the cabbage and zucchini noodles with heat on high. After 1 minute, add green onions, sambal, soy sauce, and sesame oil and stir until just cooked (2 minutes).

## 3 GARNISH

Name of ingredient	Capacity measure	EP	Methods
Seeds, sesame seeds, whole, roasted and toasted	~ 1/2 cup	0 lb 2.60 oz	
Cilantro, fresh, chopped	~ 1 1/2 cup	0 lb 0.88 oz	



### GARNISH

Add Hungry Planet™ Asian Meatballs back to pan and toss together. Pour into serving bowl and sprinkle with sesame seeds and cilantro. Serve hot.

RECIPE IMAGES



ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

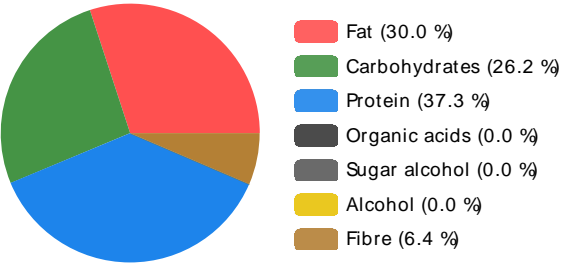
	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	20 lb 1.18 oz	0 %	20 lb 1.18 oz	0 %	20 lb 1.18 oz
Size of portion	12.85 oz		12.85 oz		12.85 oz

NUTRITION INFORMATION

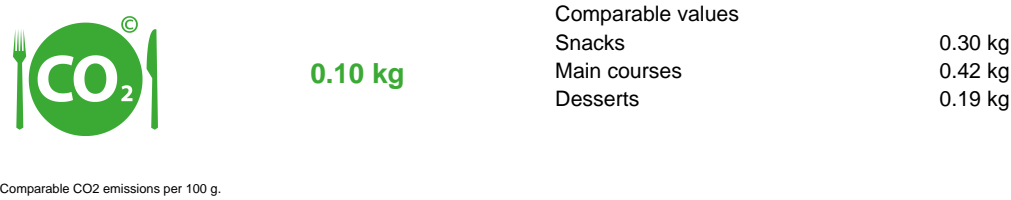
supply / 100 g

Energy nutritives			Minerals			Vitamins	
		% of energy	Energy				
Fat	3.31 g	33.18 %	88.21 kcal	Salt	0.96 g		
Saturated	0.26 g	2.63 %	369.08 kJ	Salt	0.96 %	Vitamin A	7.64 µg
Monounsaturated	0.98 g	9.86 %	0.37 MJ	Sodium	381.40 mg	Vitamin D	0.00 µg
Polyunsaturated	0.80 g	8.06 %		Phosphorus	36.29 mg	Thiamine	0.04 mg
Trans	0.00 g	0.03 %		Potassium	291.79 mg	Riboflavin	0.08 mg
Cholesterol	0.00 mg			Iron	1.10 mg	Niacin	0.34 mg
Linolenic acid	0.71 g			Calcium	41.58 mg	Vitamin B6	0.11 mg
Alpha-linolenic acid	64.43 mg			Zinc	0.25 mg	Vitamin B12	0.00 µg
Carbohydrate	6.29 g	28.98 %		Magnesium	16.55 mg	Folic acid	0.00 µg
Sugars	1.32 g	6.08 %		Iodine	0.00 µg	Vitamin C	11.73 mg
Sugar	0.00 g			Selenium	0.44 µg	Vitamin E	0.25 mg
Lactose	0.00 g			Copper	0.05 mg	Vitamin K	16.26 µg
Fibre	3.28 g	7.12 %					
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %					
Starch	0.00 g	0.00 %					
Protein	8.93 g	41.15 %					
Alcohol	0.00 g	0.00 %					

PERCENTAGE OF ENERGY



CO2



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.