

Hungry Planet Beef™ Crunch Wrap Supreme

Recipe group	Additional name	Diet factors	Portions	Portion size
SANDWICHES	Hungry Planet	VG	25	10.19 oz

1 HUNGRY PLANET BEEF™

Name of ingredient	Capacity measure	EP	Methods
Oil, canola	~ 2/3 cup	0 lb 4.51 oz	HUNGRY PLANET BEEF™
Hungry Planet Beef™		3 lb 2.00 oz	

Heat oil over high heat and sear Hungry Planet Beef™ for 5 minutes. Set aside to cool.

2 CRUNCH WRAP SUPREME

Name of ingredient	Capacity measure	EP	Methods
Tortillas, flour, 10"	25.0 ea	3 lb 14.61 oz	CRUNCH WRAP SUPREME
Vegan cheese, shredded	~ 1 5/8 qt	1 lb 9.00 oz	
Tortilla, corn, 6 inch, fried	25.0 ea	2 lb 5.50 oz	
Vegan sour cream	~ 1 1/2 cup	0 lb 12.68 oz	
Romaine lettuce, chopped	~ 1 1/2 cup	0 lb 2.59 oz	
Tomatoes, chopped	~ 1 1/2 cup	0 lb 9.22 oz	
Onions, finely chopped	~ 1 1/2 cup	0 lb 6.95 oz	
Tortillas, flour, 8"	25.0 ea	2 lb 11.75 oz	

To assemble Crunch Wrap Supreme, layout the 10-inch flour tortilla. Scoop Hungry Planet Beef™ in the center and sprinkle with cheese. Top with the crispy fried corn tortilla. Spread the sour cream over the crispy corn tortilla, then top with lettuce, tomato, and onion. Place the 8-inch flour tortilla on top. Gently fold over the large tortilla over the top, small, tortilla, folding the corners in. Flip the crunch wrap onto a hot, lightly oiled pan so the smaller tortilla is on the bottom with the sides folded under so nothing falls out. Toast in the warm pan for about 3 minutes on each side. Wrap in foil for 2 minutes so the cheese inside melts before eating.



RECIPE IMAGES



ALLERGENS



WEIGHTS

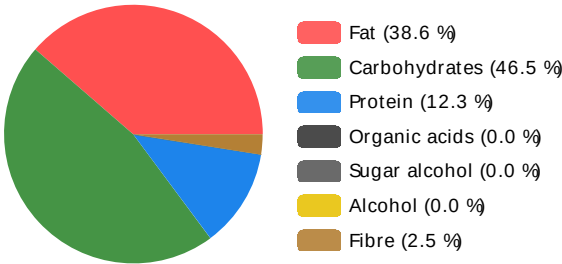
	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	15 lb 14.81 oz	0 %	15 lb 14.81 oz	0 %	15 lb 14.81 oz
Size of portion	10.19 oz		10.19 oz		10.19 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives			Energy		Minerals		Vitamins	
		% of energy						
Fat	11.76 g	39.99 %	260.07 kcal		Salt	0.79 g		
Saturated	3.30 g	11.24 %	1,088.16 kJ		Salt	0.79 %	Vitamin A	5.95 µg
Monounsaturated	3.52 g	11.97 %	1.09 MJ		Sodium	424.96 mg	Vitamin D	0.00 µg
Polyunsaturated	3.74 g	12.72 %			Phosphorus	136.29 mg	Thiamine	0.22 mg
Trans	0.01 g	0.04 %			Potassium	211.71 mg	Riboflavin	0.06 mg
Cholesterol	0.00 mg				Iron	2.16 mg	Niacin	1.99 mg
Linolenic acid	1.28 g				Calcium	105.97 mg	Vitamin B6	0.05 mg
Alpha-linolenic acid	161.78 mg				Zinc	0.44 mg	Vitamin B12	0.25 µg
Carbohydrate	30.84 g	48.18 %			Magnesium	19.90 mg	Folic acid	41.74 µg
Sugars	1.35 g	2.10 %			Iodine	0.00 µg	Vitamin C	0.54 mg
Sugar	0.00 g				Selenium	10.04 µg	Vitamin E	0.73 mg
Lactose	0.00 g				Copper	0.07 mg	Vitamin K	4.34 µg
Fibre	3.56 g	2.62 %						
Organic acids	0.00 g	0.00 %					Others	
Sugar alcohol	0.00 g	0.00 %					Water	24.67 g
Starch	16.78 g	26.21 %						
Protein	8.15 g	12.73 %						
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.