Hungry Planet Crispy Chicken™ Wrap Hack

Recipe group	Additional name	Diet factors	Portions	Portion size
SANDWICHES	Hungry Planet		25	9.37 oz

1 HUNGRY PLANET CRISPY CHICKEN™ WRAP HACK

Name of ingredient	Capacity measure	EP
Tortillas, flour, 10"	25.0 ea	3 lb 14.61 oz
Mustard, Gulden's	~ 1 1/2 cup	0 lb 13.72 oz
Hungry Planet Crispy Chicken™		6 lb 4.00 oz
Onions, pickled	~ 1 1/2 cup	0 lb 7.28 oz
Vegan mozzarella cheese, shredded	2 1/2 qt	2 lb 8.00 oz
Spinach, raw	2 1/2 qt	0 lb 10.58 oz

HUNGRY PLANET CRISPY CHICKEN™ WRAP HACK

Slice along the radius of a tortilla (from the center to the edge). Mentally divide the tortilla into 4 corners. With the slit closest to you, spread mustard on the corner to the left of the slit.
Arrange the Hungry Planet Crispy Chicken™ and pickled onions on the corner above the mustard.
Add the cheese to the right of the Hungry Planet Crispy Chicken™ and spinach to the last corner (use the picture as a guide).
Begin folding by placing the corner with the mustard on the Hungry Planet Crispy Chicken™, then folding that on top of the cheese, lastly folding it all onto the spinach. It should look like a triangular pocket.
Heat on a griddle press or in a lightly oiled pan, pressing down to secure the wrap, and flipping halfway so both sides and crisp.
Serve hot.

RECIPE IMAGES

ALLERGENS

GLUTEN, SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	14 lb 10.19 oz	0 %	14 lb 10.19 oz	0 %	14 lb 10.19 oz
Size of portion	9.37 oz		9.37 oz		9.37 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy
Fat	7.53 g	35.39 %
Saturated	2.39 g	11.24 %
Monounsaturated	1.14 g	5.37 %
Polyunsaturated	0.63 g	2.95 %
Trans	0.00 g	0.02 %
Cholesterol	0.00 mg	
Linolenic acid	0.49 g	
Alpha-linolenic acid	21.86 mg	
Carbohydrate	20.25 g	43.71 %
Sugars	0.78 g	1.69 %
Sugar	0.00 g	
Lactose	0.00 g	
Fibre	2.26 g	2.29 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	10.78 g	23.28 %
Protein	9.75 g	21.04 %
Alcohol	0.00 g	0.00 %

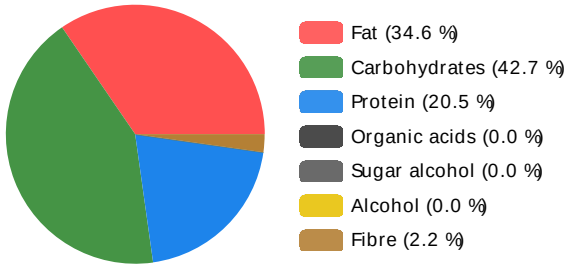
Energy
188.27 kcal
787.72 kJ
0.79 MJ

Minerals	
Salt	0.67 g
Salt	0.67 %
Sodium	646.50 mg
Phosphorus	65.49 mg
Potassium	204.44 mg
Iron	1.92 mg
Calcium	215.71 mg
Zinc	0.21 mg
Magnesium	12.00 mg
Iodine	0.00 µg
Selenium	7.86 µg
Copper	0.04 mg

Vitamins	
Vitamin A	21.49 µg
Vitamin D	0.00 µg
Thiamine	0.15 mg
Riboflavin	0.04 mg
Niacin	1.19 mg
Vitamin B6	0.02 mg
Vitamin B12	0.00 µg
Folic acid	26.73 µg
Vitamin C	1.29 mg
Vitamin E	0.34 mg
Vitamin K	23.03 µg

Others	
Water	17.71 g

PERCENTAGE OF ENERGY



CO2

0.09 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.