

Hungry Planet Grilled Chicken Strip™ & Rice Skillet

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	17.93 oz

1 HUNGRY PLANET GRILLED CHICKEN STRIP™ RICE SKILLET

Name of ingredient	Capacity measure	EP	Methods
Olive oil, extra virgin	~ 1 1/2 cup	0 lb 11.90 oz	VEGGIES Heat oil over medium heat in large pan. Add onions, peppers, and brussel sprouts and cook until onions start to become translucent (5 minutes). Add garlic, salt and all the spices and cook until aromatic (2 minutes). Add Hungry Planet Grilled Chicken Strips™ and cook until reheated (3 minutes).
Onions, yellow	3 1/8 qt	5 lb 5.54 oz	
Peppers, red bell, chopped	3 1/8 qt	4 lb 1.70 oz	
Carrots, peeled, diced	~ 1 1/2 qt	1 lb 15.25 oz	
Brussels sprouts, raw	2 1/3 qt	1 lb 13.10 oz	
Garlic, raw, chopped	~ 1 cup	0 lb 3.97 oz	
Salt, kosher, Diamond Crystal	~ 2 tbsp	0 lb 0.61 oz	
Seasoning, poultry Magic, Prudhomme	~ 1/2 cup	0 lb 4.41 oz	
Hungry Planet Diced Grilled Chicken		6 lb 4.00 oz	

2 RICE SKILLET

Name of ingredient	Capacity measure	EP	Methods
Rice, brown, parboiled, cooked, UNCLE BENS	1.172 gal	6 lb 6.51 oz	HUNGRY PLANET GRILLED CHICKEN STRIP™ RICE SKILLET Add cooked rice and stir to combine. Add vinegar and lemon juice and stir. Taste for seasoning. Serve hot.
Vinegar, balsamic	~ 1 cup	0 lb 7.03 oz	
Lemon, juiced	6.2 ea	0 lb 6.25 oz	

RECIPE IMAGES



ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	28 lb 0.27 oz	0 %	28 lb 0.27 oz	0 %	28 lb 0.27 oz
Size of portion	17.93 oz		17.93 oz		17.93 oz

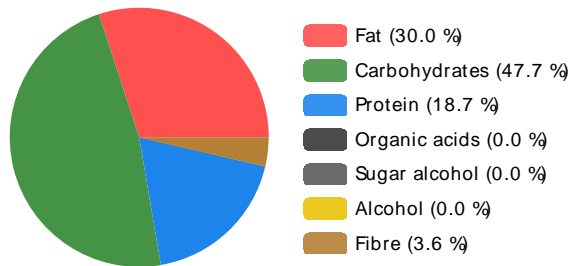
NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy
Fat	3.85 g	31.88 %
Saturated	0.43 g	3.60 %
Monounsaturated	2.01 g	16.65 %
Polyunsaturated	0.38 g	3.11 %
Trans	0.00 g	0.00 %
Cholesterol	0.00 mg	
Linolenic acid	0.34 g	
Alpha-linolenic acid	1.95 mg	
Carbohydrate	13.30 g	50.59 %
Sugars	2.21 g	8.41 %
Sugar	0.00 g	
Lactose	0.00 g	
Fibre	2.15 g	3.86 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	6.79 g	25.85 %
Protein	5.21 g	19.81 %
Alcohol	0.00 g	0.00 %

Energy	Minerals	Vitamins
106.79 kcal	Salt 0.74 g	
446.82 kJ	Salt 0.74 %	
0.45 MJ	Sodium 294.45 mg	Vitamin A 83.69 µg
	Phosphorus 39.98 mg	Vitamin D 0.00 µg
	Potassium 194.00 mg	Thiamine 0.06 mg
	Iron 0.80 mg	Riboflavin 0.05 mg
	Calcium 24.45 mg	Niacin 0.73 mg
	Zinc 0.30 mg	Vitamin B6 0.13 mg
	Magnesium 15.41 mg	Vitamin B12 0.00 µg
	Iodine 0.00 µg	Folic acid 0.00 µg
	Selenium 2.50 µg	Vitamin C 26.87 mg
	Copper 0.05 mg	Vitamin E 0.72 mg
		Vitamin K 14.91 µg
		Others
		Water 59.98 g

PERCENTAGE OF ENERGY



CO2



0.04 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.