

Hungry Planet Asian Meatball™ Saucy Skewers

Recipe group APPETIZERS	Additional name Hungry Planet	Diet factors VG	Portions 26	Portion size 3.54 oz
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1 HUNGRY PLANET ASIAN MEATBALL™

Name of ingredient	Capacity measure	EP	Methods
Oil, sesame	1/3 cup	0 lb 2.60 oz	HEAT HUNGRY PLANET ASIAN MEATBALL™
Hungry Planet Asian Meatball™	65.0 ea	4 lb 1.00 oz	

Heat oven to 400°F. Arrange Hungry Planet Asian Meatballs™ on a tray lined with foil and drizzle sesame oil. Heat in oven until warmed through and beginning to get crispy (8-10 minutes).

2 STICKY SAUCE

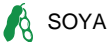
Name of ingredient	Capacity measure	EP	Methods
Sauce, hoisin, ready-to-serve	~ 1 1/3 cup	0 lb 12.10 oz	MAKE STICKY SAUCE
Rice Wine Vinegar	~ 2/3 cup	0 lb 5.47 oz	
Sambal Olek	~ 1/3 cup	0 lb 3.38 oz	
Soy sauce, low sodium	~ 1/3 cup	0 lb 2.92 oz	
Spices, ginger, ground	~ 2 2/3 tbsp	0 lb 0.62 oz	

Mix sauce ingredients together in a saucepot and let the sauce reduce on low heat until thick and hot (5 minutes). When Hungry Planet Asian Meatballs™ have warmed, combine with sauce in a large bowl. Mix to coat. Sprinkle with sesame seeds and serve hot with skewers with more sauce on the side for dipping.

RECIPE IMAGES



ALLERGENS



SOYA

WEIGHTS

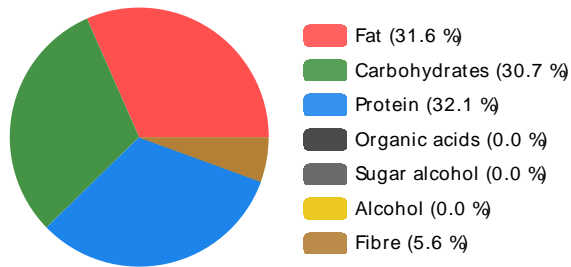
	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	5 lb 12.09 oz	0 %	5 lb 12.09 oz	0 %	5 lb 12.09 oz
Size of portion	3.54 oz		3.54 oz		3.54 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		Others	
Fat	5.80 g	33.84 %	151.51 kcal	Salt	0.82 g		
Saturated	0.50 g	2.90 %	633.93 kJ	Salt	0.82 %	Vitamins	
Monounsaturated	1.27 g	7.39 %	0.63 MJ	Sodium	588.84 mg	Vitamin A	0.86 µg
Polyunsaturated	1.41 g	8.25 %		Phosphorus	12.22 mg	Vitamin D	0.00 µg
Trans	0.00 g	0.00 %		Potassium	430.59 mg	Thiamine	0.00 mg
Cholesterol	0.39 mg			Iron	2.80 mg	Riboflavin	0.04 mg
Linolenic acid	1.38 g			Calcium	84.25 mg	Niacin	0.28 mg
Alpha-linolenic acid	1.50 mg			Zinc	0.10 mg	Vitamin B6	0.02 mg
Carbohydrate	12.24 g	32.84 %		Magnesium	7.28 mg	Vitamin B12	0.00 µg
Sugars	3.72 g	9.97 %		Iodine	0.00 µg	Folic acid	0.00 µg
Sugar	0.00 g			Selenium	0.66 µg	Vitamin C	1.16 mg
Lactose	0.00 g			Copper	0.03 mg	Vitamin E	0.10 mg
Fibre	4.75 g	5.99 %				Vitamin K	0.70 µg
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %				Others	
Starch	0.00 g	0.00 %				Water	17.34 g
Protein	12.81 g	34.36 %					
Alcohol	0.00 g	0.00 %					

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.