

Hungry Planet Chicken Strips™ BBQ Grilled Cheese

Recipe group	Additional name	Diet factors	Portions	Portion size
SANDWICHES	Hungry Planet		25	13.79 oz

1 HUNGRY PLANET GRILLED CHICKEN STRIPS™

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Diced Grilled Chicken		9 lb 6.00 oz	HUNGRY PLANET GRILLED CHICKEN STRIPS™ Reheat Hungry Planet Grilled Chicken Strips™ in toaster oven, or hot pan until warm (2 minutes). Toss with BBQ sauce. Set aside.
Sauce, barbecue, KRAFT, original	1 1/8 qt	2 lb 12.06 oz	

2 GRILLED CHEESE

Name of ingredient	Capacity measure	EP	Methods
Sourdough bread, slices	50.0 ea	5 lb 7.50 oz	GRILLED CHEESE Spread a thin layer of mayo on the OUTSIDE of the bread slices. Top the slice of bread INSIDE (without mayo) with 1 slice of cheese. Equally divide the BBQ Hungry Planet Grilled Chicken Strips™ onto the bread slices. Top each sandwich with 1 cheese slice, and a slice of bread. Place in a pan on medium-low heat. Place a piece of aluminum foil on top of the sandwich and press down using a heavy skillet or pot (the aluminum keeps it clean). After 2-3 minutes, flip when one side has become golden brown and crispy. Cook 2-3 more minutes then check for crispiness. When both sides are golden brown, remove from pan, slice in half.
Vegan Mayonnaise	~ 1 1/2 cup	0 lb 13.23 oz	
Vegan pepper jack cheese, sliced	50.0 ea	3 lb 2.00 oz	

RECIPE IMAGES



ALLERGENS



WEIGHTS

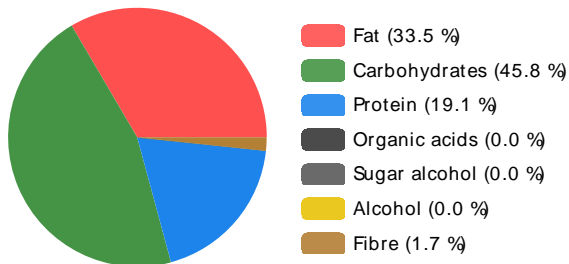
	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	21 lb 8.79 oz	0 %	21 lb 8.79 oz	0 %	21 lb 8.79 oz
Size of portion	13.79 oz		13.79 oz		13.79 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		Vitamins	
Fat	8.22 g	34.03 %	213.57 kcal	Salt	1.75 g		
Saturated	2.29 g	9.48 %	893.59 kJ	Salt	1.75 %	Vitamin A	1.28 µg
Monounsaturated	0.65 g	2.69 %	0.89 MJ	Sodium	697.33 mg	Vitamin D	0.00 µg
Polyunsaturated	1.87 g	7.75 %		Phosphorus	29.07 mg	Thiamine	0.18 mg
Trans	0.00 g	0.01 %		Potassium	201.05 mg	Riboflavin	0.12 mg
Cholesterol	0.00 mg			Iron	1.92 mg	Niacin	1.29 mg
Linolenic acid	0.21 g			Calcium	161.03 mg	Vitamin B6	0.04 mg
Alpha-linolenic acid	18.67 mg			Zinc	0.28 mg	Vitamin B12	0.00 µg
Carbohydrate	24.47 g	46.55 %		Magnesium	10.04 mg	Folic acid	17.00 µg
Sugars	5.30 g	10.07 %		Iodine	0.00 µg	Vitamin C	0.03 mg
Sugar	0.00 g			Selenium	7.26 µg	Vitamin E	0.14 mg
Lactose	0.00 g			Copper	0.05 mg	Vitamin K	0.18 µg
Fibre	1.91 g	1.71 %				Others	
Organic acids	0.00 g	0.00 %				Water	15.30 g
Sugar alcohol	0.00 g	0.00 %					
Starch	11.30 g	21.50 %					
Protein	10.22 g	19.44 %					
Alcohol	0.00 g	0.00 %					

PERCENTAGE OF ENERGY



CO2



0.08 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.