

Hungry Planet Gyoza™ Chinese Dumpling Soup

Recipe group	Additional name	Diet factors	Portions	Portion size
SOUP	Hungry Planet		25	23.21 oz

1 CHINESE DUMPLING SOUP

Name of ingredient	Capacity measure	EP	Methods
Vegetable stock	3.125 gal	25 lb 0.00 oz	CHINESE DUMPLING SOUP Heat veg stock over medium heat. Add ginger and bring to a simmer. Add soy, wine, vinegar, sesame oil, sugar, and salt. Allow broth to become aromatic over medium heat (10 minutes).
Ginger root, raw	~ 1/3 cup	0 lb 1.32 oz	
Soy sauce, low sodium	~ 1/3 cup	0 lb 3.51 oz	
Alcoholic beverage, wine, cooking	~ 2 cup	1 lb 0.20 oz	
Vinegar, balsamic	~ 1 cup	0 lb 9.37 oz	
Oil, sesame	~ 1/2 cup	0 lb 4.01 oz	
Sugars, granulated	~ 1/4 cup	0 lb 1.84 oz	

2 HUNGRY PLANET GYOZA™

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Gyoza™	175.0 ea	7 lb 10.50 oz	HUNGRY PLANET GYOZA™ CHINESE DUMPLING SOUP Add the carrots and the Hungry Planet Gyoza™ and cook until tender (3 minutes). Add spinach and stir until wilted. Taste for seasoning. Add chili oil and cilantro if desired. Serve hot.
Carrots, raw, shredded	~ 1 1/2 cup	0 lb 2.81 oz	
Baby spinach	3 1/8 qt	1 lb 2.75 oz	

RECIPE IMAGES



ALLERGENS

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WEIGHTS

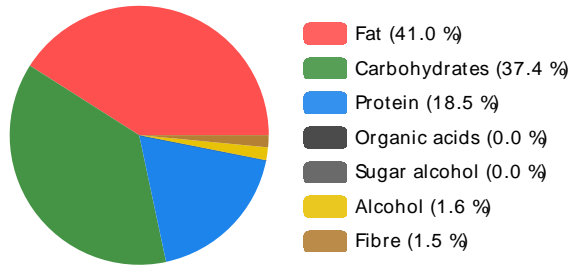
	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	36 lb 4.31 oz	0 %	36 lb 4.31 oz	0 %	36 lb 4.31 oz
Size of portion	23.21 oz		23.21 oz		23.21 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		Vitamins	
Fat	1.86 g	41.62 %	39.53 kcal	Salt	0.33 g		
Saturated	0.46 g	10.34 %	165.38 kJ	Salt	0.33 %	Vitamin A	5.10 µg
Monounsaturated	0.81 g	18.05 %	0.17 MJ	Sodium	133.09 mg	Vitamin D	0.04 µg
Polyunsaturated	0.45 g	10.16 %		Phosphorus	28.79 mg	Thiamine	0.08 mg
Trans	0.00 g	0.00 %		Potassium	68.85 mg	Riboflavin	0.03 mg
Cholesterol	3.59 mg			Iron	0.19 mg	Niacin	0.49 mg
Linolenic acid	0.43 g			Calcium	6.98 mg	Vitamin B6	0.06 mg
Alpha-linolenic acid	0.00 mg			Zinc	0.36 mg	Vitamin B12	0.05 µg
Carbohydrate	3.69 g	37.95 %		Magnesium	5.48 mg	Folic acid	0.00 µg
Sugars	1.21 g	12.47 %		Iodine	0.00 µg	Vitamin C	1.79 mg
Sugar	0.00 g			Selenium	3.75 µg	Vitamin E	0.07 mg
Lactose	0.00 g			Copper	0.01 mg	Vitamin K	11.77 µg
Fibre	0.32 g	1.54 %					
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	19.75 g
Starch	0.01 g	0.07 %					
Protein	1.83 g	18.84 %					
Alcohol	0.09 g	1.62 %					

PERCENTAGE OF ENERGY



CO2



0.01 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.