

Hungry Planet™ Crispy Chicken Po'Boy with Slaw

Recipe group	Additional name	Diet factors	Portions	Portion size
SANDWICHES	Hungry Planet		25	10.43 oz

1 SPICY SLAW

Name of ingredient	Capacity measure	EP	Methods
Cabbage, shredded, green	2 1/3 qt	1 lb 7.06 oz	SPICY SLAW Mix all ingredients for the spicy slaw. Taste for seasoning. Refrigerate for at least 30 minutes.
Cabbage, shredded, red	~ 1 1/2 qt	0 lb 15.38 oz	
Carrots, raw, shredded	~ 1 1/2 pt	0 lb 5.62 oz	
Vegan Mayonnaise	~ 1 cup	0 lb 6.61 oz	
Vegan yogurt, plain	~ 1 1/2 cup	0 lb 14.44 oz	
Apple cider vinegar	~ 1 1/2 cup	0 lb 13.17 oz	
Louisiana hot sauce	~ 1 1/2 cup	0 lb 12.50 oz	
Syrups, maple	~ 1 cup	0 lb 8.68 oz	
Salt, kosher, Diamond Crystal	~ 3 1/4 tbsp	0 lb 0.92 oz	



2 HUNGRY PLANET™ CRISPY CHICKEN PO'BOY

Name of ingredient	Capacity measure	EP	Methods
PEPPERIDGE FARM, White Hoagie Roll	25.0 ea	3 lb 12.25 oz	
Hungry Planet Crispy Chicken™	25.0 ea	6 lb 4.00 oz	

HUNGRY PLANET™ CRISPY CHICKEN PO'BOY

Reheat Hungry Planet™ Crispy Chicken in oven at 350°F until hot (15-18 minutes). Also warm hoagie bun. Slice hoagie, and top with Hungry Planet™ Crispy Chicken and Spicy Slaw. Serve warm.



RECIPE IMAGES



ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

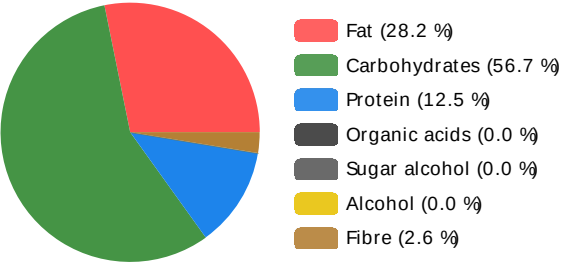
	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	16 lb 4.64 oz	0 %	16 lb 4.64 oz	0 %	16 lb 4.64 oz
Size of portion	10.43 oz		10.43 oz		10.43 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives			% of energy	Energy		Minerals	
Fat	5.92 g	28.56 %	183.26 kcal	Salt	0.94 g	Vitamins	
Saturated	0.86 g	4.15 %	766.79 kJ	Salt	0.94 %	Vitamin A	22.69 µg
Monounsaturated	0.81 g	3.90 %	0.77 MJ	Sodium	375.20 mg	Vitamin D	0.00 µg
Polyunsaturated	2.01 g	9.72 %		Phosphorus	5.76 mg	Thiamine	0.15 mg
Trans	0.00 g	0.00 %		Potassium	130.09 mg	Riboflavin	0.06 mg
Cholesterol	0.00 mg			Iron	1.83 mg	Niacin	1.38 mg
Linolenic acid	0.03 g			Calcium	53.70 mg	Vitamin B6	0.03 mg
Alpha-linolenic acid	0.00 mg			Zinc	0.09 mg	Vitamin B12	0.00 µg
Carbohydrate	25.92 g	57.46 %		Magnesium	3.31 mg	Folic acid	0.05 µg
Sugars	3.70 g	8.21 %		Iodine	0.00 µg	Vitamin C	5.74 mg
Sugar	0.00 g			Selenium	0.09 µg	Vitamin E	0.04 mg
Lactose	0.00 g			Copper	0.01 mg	Vitamin K	11.50 µg
Fibre	2.52 g	2.63 %					
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	28.96 g
Starch	0.03 g	0.07 %					
Protein	5.71 g	12.65 %					
Alcohol	0.00 g	0.00 %					

PERCENTAGE OF ENERGY



CO2



0.07 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.