

Hungry Planet Pork™ Dan Dan Noodles

| Recipe group | Additional name | Diet factors | Portions | Portion size |
|--------------|-----------------|--------------|----------|--------------|
| MAIN DISH | Hungry Planet | VG | 25 | 10.92 oz |

1 CRISPY HUNGRY PLANET PORK™

| Name of ingredient | Capacity measure | EP | Methods |
|---------------------|------------------|--------------|---|
| Oil, canola | ~ 1 cup | 0 lb 7.52 oz | HUNGRY PLANET PORK™ Heat oil over high heat and sear Hungry Planet Pork™ until crispy (5 minutes). Set aside. |
| Hungry Planet Pork™ | | 6 lb 4.00 oz | |

2 DAN DAN SAUCE

| Name of ingredient | Capacity measure | EP | Methods |
|--|------------------|---------------|---|
| Chili Crunch Sauce | ~ 1 1/2 cup | 0 lb 12.50 oz | DAN DAN SAUCE Mix all ingredients for Dan Dan Sauce together. |
| Peanut butter, smooth style, with salt | ~ 1 1/2 cup | 0 lb 14.22 oz | |
| Soy sauce, low sodium | ~ 1 1/2 cup | 0 lb 14.05 oz | |
| Brown sugar, packed | ~ 1 cup | 0 lb 8.08 oz | |
| Black Vinegar | ~ 1 1/2 cup | 0 lb 13.14 oz | |

3 NOODLES AND GARNISH

| Name of ingredient | Capacity measure | EP | Methods |
|---|------------------|--------------|---|
| Noodles, chinese, boiled according to package | | 6 lb 4.00 oz | NOODLES AND GARNISH Boil noodles according to instructions. Save some of the cooking water and add to the sauce to create a medium thick consistency. When noodles are cooked, add to the bowl. Add sauce and crispy pork over noodles. Garnish with cilantro and sesame seeds. Mix noodles well before eating. |
| Cilantro, fresh, chopped | ~ 1 1/2 cup | 0 lb 0.88 oz | |
| Seeds, sesame seeds, whole, roasted and toasted | ~ 1/2 cup | 0 lb 2.60 oz | |

RECIPE IMAGES



ALLERGENS



WEIGHTS

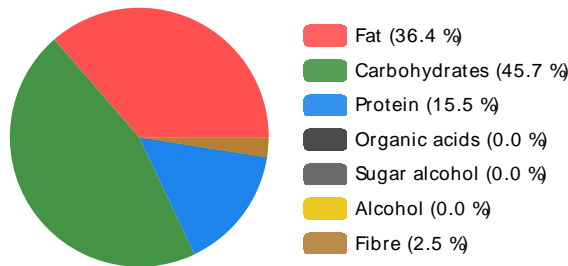
| | Raw | Cooking loss | Cooked | Loss when served | Final |
|-----------------|---------------|--------------|---------------|------------------|---------------|
| Total weight | 17 lb 1.00 oz | 0 % | 17 lb 1.00 oz | 0 % | 17 lb 1.00 oz |
| Size of portion | 10.92 oz | | 10.92 oz | | 10.92 oz |

NUTRITION INFORMATION

supply / 100 g

| Energy nutritives | | % of energy | Energy | Minerals | | Vitamins | |
|----------------------|-----------|-------------|-------------|------------|-----------|-------------|----------|
| Fat | 12.66 g | 37.13 % | 301.40 kcal | Salt | 1.60 g | | |
| Saturated | 1.62 g | 4.77 % | 1,261.07 kJ | Salt | 1.60 % | Vitamin A | 1.09 µg |
| Monounsaturated | 6.54 g | 19.19 % | 1.26 MJ | Sodium | 697.23 mg | Vitamin D | 0.00 µg |
| Polyunsaturated | 2.94 g | 8.64 % | | Phosphorus | 91.52 mg | Thiamine | 0.23 mg |
| Trans | 0.31 g | 0.90 % | | Potassium | 229.59 mg | Riboflavin | 0.18 mg |
| Cholesterol | 0.00 mg | | | Iron | 2.68 mg | Niacin | 2.97 mg |
| Linolenic acid | 2.65 g | | | Calcium | 41.77 mg | Vitamin B6 | 0.08 mg |
| Alpha-linolenic acid | 253.07 mg | | | Zinc | 0.76 mg | Vitamin B12 | 0.00 µg |
| Carbohydrate | 34.58 g | 46.61 % | | Magnesium | 35.14 mg | Folic acid | 30.77 µg |
| Sugars | 5.54 g | 7.47 % | | Iodine | 0.00 µg | Vitamin C | 0.09 mg |
| Sugar | 0.00 g | | | Selenium | 16.38 µg | Vitamin E | 1.83 mg |
| Lactose | 0.00 g | | | Copper | 0.11 mg | Vitamin K | 3.49 µg |
| Fibre | 3.99 g | 2.53 % | | | | Others | |
| Organic acids | 0.00 g | 0.00 % | | | | Water | 9.30 g |
| Sugar alcohol | 0.00 g | 0.00 % | | | | | |
| Starch | 0.19 g | 0.25 % | | | | | |
| Protein | 11.73 g | 15.81 % | | | | | |
| Alcohol | 0.00 g | 0.00 % | | | | | |

PERCENTAGE OF ENERGY



CO2



0.14 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.