

Hungry Planet Gyoza™ Thai Stir Fried Vegetables

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	10.39 oz

1 HUNGRY PLANET GYOZA™

Name of ingredient	Capacity measure	EP	Methods
Oil, canola	1 cup	0 lb 7.70 oz	
Hungry Planet Gyoza™	175.0 ea	7 lb 10.50 oz	

HUNGRY PLANET GYOZA™

Heat oil in pan on medium heat. Add Hungry Planet Gyoza™, flat side down. Allow Hungry Planet Gyoza™ to sear (2 minutes). Add just enough water to cover the pan bottom, and cover to steam (4 minutes). Uncover when cooked through. Remove from pan and keep warm.

2 THAI STIR FRIED VEGETABLES

Name of ingredient	Capacity measure	EP	Methods
Oil, sesame	~ 1 cup	0 lb 5.77 oz	
Carrots, raw	3 1/8 qt	3 lb 0.75 oz	
Cabbage, shredded	3 1/8 qt	1 lb 14.75 oz	
Sambal Olek	~ 1 1/2 cup	1 lb 0.25 oz	
Soy sauce, low sodium	~ 1 1/4 pt	1 lb 5.08 oz	

THAI STIR FRIED VEGETABLES

Stir fry carrots and cabbage with sesame oil, sambal, and soy sauce until vegetables are just undercooked. Arrange on serving plate.

3 GARNISH

Name of ingredient	Capacity measure	EP	Methods
Peanuts, all types, dry-roasted, with salt	~ 1 1/4 cup	0 lb 6.00 oz	
Cilantro, fresh, chopped	~ 1 1/2 cup	0 lb 0.88 oz	

GARNISH

Lay Hungry Planet Gyoza™ on top of stir fried vegetables and garnish with chopped peanuts and cilantro.

RECIPE IMAGES



ALLERGENS

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WEIGHTS

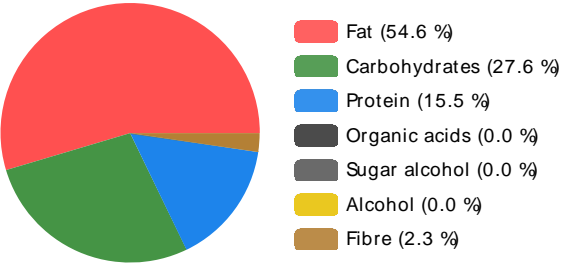
	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	16 lb 3.68 oz	0 %	16 lb 3.68 oz	0 %	16 lb 3.68 oz
Size of portion	10.39 oz		10.39 oz		10.39 oz

NUTRITION INFORMATION


supply / 100 g

Energy nutritives			% of energy	Minerals			Vitamins		
Fat	9.06 g	57.17 %		140.11 kcal	Salt	1.32 g			
Saturated	1.54 g	9.74 %		586.25 kJ	Salt	1.32 %			
Monounsaturated	4.59 g	28.94 %		0.59 MJ	Sodium	526.41 mg	Vitamin A	162.29 µg	
Polyunsaturated	2.39 g	15.12 %			Phosphorus	92.59 mg	Vitamin D	0.09 µg	
Trans	0.01 g	0.08 %			Potassium	294.46 mg	Thiamine	0.20 mg	
Cholesterol	8.02 mg				Iron	0.64 mg	Riboflavin	0.11 mg	
Linolenic acid	2.07 g				Calcium	28.71 mg	Niacin	1.73 mg	
Alpha-linolenic acid	271.51 mg				Zinc	0.99 mg	Vitamin B6	0.19 mg	
Carbohydrate	9.95 g	28.86 %			Magnesium	24.13 mg	Vitamin B12	0.12 µg	
Sugars	2.89 g	8.37 %			Iodine	0.00 µg	Folic acid	0.00 µg	
Sugar	0.00 g				Selenium	8.68 µg	Vitamin C	11.33 mg	
Lactose	0.00 g				Copper	0.05 mg	Vitamin E	0.99 mg	
Fibre	1.79 g	2.44 %					Vitamin K	41.31 µg	
Organic acids	0.00 g	0.00 %							
Sugar alcohol	0.00 g	0.00 %							
Starch	0.37 g	1.07 %							
Protein	5.59 g	16.22 %							
Alcohol	0.00 g	0.00 %							

PERCENTAGE OF ENERGY



CO2



0.03 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.