

Hungry Planet® Pork Banh Mi Burgers

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	8.93 oz

1 PICKLED CARROTS

Name of ingredient	Capacity measure	EP	Methods
Sugars, granulated	6 1/4 tbsp	0 lb 2.76 oz	PICKLED CARROTS Combine the sugar, white vinegar, and kosher salt. Add carrots, cover and refrigerate for 12 hours.
Vinegar, white	12 1/2 tbsp	0 lb 6.56 oz	
Salt, kosher, Diamond Crystal	~ 3/4 tsp	0 lb 0.08 oz	
Carrots, raw	1 5/8 qt	1 lb 9.00 oz	
<i>Thinly sliced or shredded</i>			

2 LEMONGRASS PORK BURGER

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Pork™		4 lb 11.00 oz	LEMONGRASS PORK BURGER Combine Hungry Planet Pork, lemongrass paste, soy sauce, minced ginger, minced garlic, and canola oil. Form into 3 3/4 oz patties.
Lemongrass paste	31 1/4 tsp	0 lb 5.21 oz	
Soy sauce, low sodium	6 1/4 tbsp	0 lb 3.51 oz	
Ginger root, raw	6 1/4 tbsp	0 lb 1.32 oz	
<i>Fresh, minced</i>			
Garlic clove, finely minced	6 1/4 tsp	0 lb 0.62 oz	
Oil, canola	31 1/4 tsp	0 lb 5.01 oz	



3 ASSEMBLY

Name of ingredient	Capacity measure	EP	Methods
Oil, canola	6 1/4 tbsp	0 lb 3.01 oz	ASSEMBLY Brush burgers with canola oil and grill at high temperature for 3-4 minutes per side. OR, Saute in canola oil over medium-high heat for 3-4 minutes per side.

Name of ingredient	Capacity measure	EP	Methods
4 Sesame seed buns	25.0 ea	2 lb 5.50 oz	Toast sesame buns.

Name of ingredient	Capacity measure	EP	Methods
5 Vegan Mayonnaise	50 tbsp	1 lb 10.46 oz	Spread mayo on bun tops and bottoms.
Cucumber, with peel, raw <i>Thinly sliced, about 1/4 cucumber</i>		1 lb 9.00 oz	Arrange thinly sliced cucumbers on bun, then jalapeno.
Peppers, jalapeno, raw <i>Small, thinly sliced</i>	6.2 ea	0 lb 4.41 oz	Top cucumber-jalapeno with cooked Lemongrass Pork Burger.
Cilantro <i>Sprigs</i>	~ 1 1/2 pt	0 lb 1.76 oz	Top burger with pickled carrots and cilantro sprigs.

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	13 lb 15.21 oz	0 %	13 lb 15.21 oz	0 %	13 lb 15.21 oz
Size of portion	8.93 oz		8.93 oz		8.93 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
Fat	5.68 g	37.08 %	135.40 kcal	Salt	0.22 g	
Saturated	0.44 g	2.91 %	566.52 kJ	Salt	0.22 %	Vitamins
Monounsaturated	2.43 g	15.84 %	0.57 MJ	Sodium	223.96 mg	Vitamin A
Polyunsaturated	1.37 g	8.95 %		Phosphorus	7.82 mg	Vitamin D
Trans	0.02 g	0.12 %		Potassium	164.67 mg	Thiamine
Cholesterol	0.17 mg			Iron	1.10 mg	Riboflavin
Linolenic acid	0.70 g			Calcium	48.71 mg	Niacin
Alpha-linolenic acid	329.31 mg			Zinc	0.06 mg	Vitamin B6
Carbohydrate	14.65 g	43.95 %		Magnesium	3.59 mg	Vitamin B12
Sugars	3.26 g	9.79 %		Iodine	0.00 µg	Folic acid
Sugar	0.00 g			Selenium	0.09 µg	Vitamin C
Lactose	0.00 g			Copper	0.01 mg	Vitamin E
Fibre	1.99 g	2.81 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Others
Starch	0.25 g	0.76 %				Water
Protein	5.94 g	17.81 %				
Alcohol	0.00 g	0.00 %				