

BBQ Chicken Pizza (Thrive) - 1850

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	17.64 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1				4 lb 11.00 oz	Hungry Planet Diced Grilled Chicken	Preheat the oven to 425°. Sear Hungry Planet Chicken™? Grilled Strips in a lightly oiled pan for 3 minutes. Add BBQ sauce, mix thoroughly. Set aside.
	12 1/2 tbsp		0 lb 6.02 oz	0 lb 6.02 oz	Oil, canola	
	2 1/3 qt		5 lb 12.26 oz	5 lb 12.26 oz	Sauce, barbecue	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	
2	3 1/8 qt		6 lb 15.11 oz	0%	6 lb 15.11 oz	Sauce, pizza, canned, ready-to-serve	Spoon tomato sauce on crust. Sprinkle on cheese, then top with Hungry Planet Chicken™? Grilled Strips, BBQ, onions, jalapeño, and roasted red pepper. Bake for 16 minutes. Garnish with cilantro and serve hot.
	3 1/8 qt		3 lb 1.38 oz	0%	3 lb 1.38 oz	Vegan cheddar cheese, shredded	
	3 1/8 qt		3 lb 2.00 oz	0%	3 lb 2.00 oz	Vegan mozzarella cheese, shredded	
	1.9 ea		0 lb 7.28 oz	0%	0 lb 7.28 oz	Red onion, medium	
	~ 1 1/2 pt		1 lb 2.75 oz	0%	1 lb 2.75 oz	Peppers, red, roasted	
	~ 1 1/2 pt		0 lb 14.99 oz	0%	0 lb 14.99 oz	Jalapenos, pickled, chopped	
	6.2 ea		0 lb 15.65 oz	0%	0 lb 15.65 oz	Pizza crust, individual	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	12 1/2 tbsp		0 lb 0.44 oz	0%	0 lb 0.44 oz	Cilantro, fresh, chopped

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	27 lb 8.89 oz	0 %	27 lb 8.89 oz	0 %	27 lb 8.89 oz
Size of portion	17.64 oz		17.64 oz		17.64 oz

ADDITIONAL INFO

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MEMO

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NUTRITION INFORMATION

supply / 100 g

Energy nutritives	% of energy	RI	Calories	RI	Minerals	RI	Others
Total fat	7.37 g	44.12 %	147.80 kcal	7 %	Salt	1.41 g	24 %
Saturated	3.94 g	23.60 %	618.39 kJ		Salt	1.41 %	Vitamin A
Monounsaturated	1.00 g	5.97 %	0.62 MJ		Sodium	564.46 mg	Vitamin D
Polyunsaturated	0.44 g	2.64 %			Phosphorus	18.22 mg	Thiamine
Trans	0.01 g	0.03 %			Potassium	200.44 mg	Riboflavin
Cholesterol	0.00 mg				Iron	0.72 mg	Niacin
Linolenic acid	0.31 g				Calcium	126.79 mg	Vitamin B6
Alpha-linolenic acid	130.08 mg				Zinc	0.11 mg	Vitamin B12
Total Carbohydrate	16.90 g	46.46 %			Magnesium	8.58 mg	Folate
Sugars	8.03 g	-1.30 %			Iodine	0.00 µg	Vitamin C
Sugar	0.00 g				Selenium	0.31 µg	Vitamin E
Lactose	0.00 g				Copper	0.05 mg	Vitamin K
Fiber	1.34 g	1.73 %					
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %					
Starch	0.07 g	0.20 %					
Protein	3.36 g	9.23 %					
Alcohol	0.00 g	0.00 %					
							Water
							41.90 g

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.