

Grilled Mediterranean Chicken Wrap - 1849

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	14.48 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	25 tbsp		0 lb 11.90 oz	0%	0 lb 11.90 oz Olive oil, extra virgin	Heat oil in a skillet over high heat. Add Hungry Planet Chicken™ and sear until golden brown (3 minutes). Set aside to cool slightly. Add chickpeas, lemon juice and cook for an additional 3 minutes. Remove from heat and let cool.
			4 lb 11.00 oz	0%	4 lb 11.00 oz Hungry Planet Diced Grilled Chicken	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 1/3 qt		3 lb 6.23 oz	0%	3 lb 6.23 oz Garbanzo beans	In a large bowl mix together Hungry Planet Chicken and chickpea mixture with vegan feta, Greek vinaigrette, quinoa, cherry tomatoes, and peppers.
			6 1/4 tbsp	0 lb 3.24 oz	0 lb 3.24 oz Lemon juice, raw	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	
3	2 1/3 qt		3 lb 3.28 oz	0%	3 lb 3.28 oz Tomatoes, cherry	Toast wrap by heating it in a pan, or carefully and briefly toast directly on a gas burner. When toasted, spoon mixture onto the wraps and top with spinach. Tuck in the sides and roll up into a wrap. Cut in half or cut into 1- inch rounds for sharing. Serve cold or refrigerate and save for later.	
			6.2 ea	1 lb 10.24 oz	0%		1 lb 10.24 oz Peppers red bell, medium
			~ 1 1/2 cup	0 lb 7.05 oz	0%		0 lb 7.05 oz Banana peppers, chopped
			~ 1 1/8 qt	1 lb 2.75 oz	0%		1 lb 2.75 oz Vegan feta
			1.563 gal	2 lb 5.50 oz	0%		2 lb 5.50 oz Baby spinach
			~ 1 1/2 cup	0 lb 14.11 oz	0%		0 lb 14.11 oz Salad dressing, thousand island dressing, fat-free

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	25.0 ea		3 lb 14.61 oz	0%	3 lb 14.61 oz Tortillas, flour, 10"	

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	22 lb 9.92 oz	0 %	22 lb 9.92 oz	0 %	22 lb 9.92 oz
Size of portion	14.48 oz		14.48 oz		14.48 oz

ADDITIONAL INFO

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NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	RI
Total fat	5.86 g	38.28 %	8 %
Saturated	0.71 g	4.66 %	4 %
Monounsaturated	3.15 g	20.57 %	
Polyunsaturated	0.90 g	5.91 %	
Trans	0.00 g	0.01 %	
Cholesterol	0.19 mg		
Linolenic acid	0.80 g		
Alpha-linolenic acid	0.08 mg		
Total Carbohydrate	15.38 g	46.16 %	6 %
Sugars	2.42 g	-0.43 %	3 %
Sugar	0.00 g		
Lactose	0.01 g		
Fiber	2.38 g	3.36 %	
Organic acids	0.00 g	0.00 %	
Sugar alcohol	0.00 g	0.00 %	
Starch	7.41 g	22.26 %	
Protein	5.78 g	17.36 %	12 %
Alcohol	0.00 g	0.00 %	

Calories	RI
135.33 kcal	7 %
566.20 kJ	
0.57 MJ	

Minerals		RI
Salt	0.67 g	11 %
Salt	0.67 %	
Sodium	266.65 mg	
Phosphorus	54.98 mg	
Potassium	153.33 mg	
Iron	1.18 mg	
Calcium	46.55 mg	
Zinc	0.24 mg	
Magnesium	10.17 mg	
Iodine	0.00 µg	
Selenium	4.34 µg	
Copper	0.08 mg	

Vitamins	
Vitamin A	17.52 µg
Vitamin D	0.00 µg
Thiamine	0.11 mg
Riboflavin	0.04 mg
Niacin	0.91 mg
Vitamin B6	0.06 mg
Vitamin B12	0.00 µg
Folate	17.30 µg
Vitamin C	11.56 mg
Vitamin E	0.89 mg
Vitamin K	4.84 µg

Others	
Water	39.09 g

CO2



0.05 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.