

Smoky Chicken and Sweet Potato Hash - 1877

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	9.61 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	12 1/2 tbsp	0 lb 6.01 oz	0%	0 lb 6.01 oz	Olive oil	Heat pan on medium heat with 2 tablespoons of olive oil. Add potatoes, and cook for 6 minutes, stirring occasionally. Add peppers, onions, mushrooms, garlic and spices and cook for another 2 minutes, Add chicken, chipotle, salt and pepper and bake on 425 degrees for 12 minutes. Remove from oven, top with parsley and serve.
	3 1/8 qt	3 lb 10.75 oz	0%	3 lb 10.75 oz	Sweet potato, cubed	
	2 1/3 qt	3 lb 1.27 oz	0%	3 lb 1.27 oz	Green pepper, chopped	
	~ 1 1/2 qt	1 lb 11.81 oz	0%	1 lb 11.81 oz	Onion, diced	
		0 lb 15.62 oz	0%	0 lb 15.63 oz	Mushrooms, shiitake, raw	
	12 1/2 tsp	0 lb 1.32 oz	0%	0 lb 1.32 oz	Garlic, raw, chopped	
	12 1/2 tsp	0 lb 0.87 oz	0%	0 lb 0.87 oz	Cumin, ground	
		4 lb 11.00 oz	0%	4 lb 11.00 oz	Hungry Planet Diced Grilled Chicken	
	9 3/8 tsp	0 lb 0.76 oz	0%	0 lb 0.76 oz	Spices, paprika, smoked	
	6 1/4 tbsp	0 lb 3.42 oz	0%	0 lb 3.42 oz	Chipotle chili, canned in adobo, chopped	
	12 1/2 tbsp	0 lb 1.41 oz	0%	0 lb 1.41 oz	Parsley, Italian, fresh, chopped	

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	15 lb 0.24 oz	0 %	15 lb 0.24 oz	0 %	15 lb 0.24 oz
Size of portion	9.61 oz		9.61 oz		9.61 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	3.78 g	48.91 %	68.37 kcal	3 %	Salt	0.28 g	5 %
Saturated	0.20 g	2.63 %	286.07 kJ		Salt	0.28 %	Vitamin A
Monounsaturated	1.64 g	21.23 %	0.29 MJ		Sodium	112.83 mg	Vitamin D
Polyunsaturated	0.75 g	9.66 %			Phosphorus	14.78 mg	Thiamine
Trans	0.01 g	0.13 %			Potassium	143.06 mg	Riboflavin
Cholesterol	0.00 mg				Iron	0.95 mg	Niacin
Linolenic acid	0.51 g				Calcium	23.01 mg	Vitamin B6
Alpha-linolenic acid	229.92 mg				Zinc	0.13 mg	Vitamin B12
Total Carbohydrate	4.07 g	24.21 %			Magnesium	4.83 mg	Folate
Sugars	0.70 g	-0.24 %			Iodine	0.00 µg	Vitamin C
Sugar	0.00 g				Selenium	0.55 µg	Vitamin E
Lactose	0.00 g				Copper	0.02 mg	Vitamin K
Fiber	1.39 g	3.90 %					Water
Organic acids	0.00 g	0.00 %					18.38 g
Sugar alcohol	0.00 g	0.00 %					
Starch	0.00 g	0.00 %					
Protein	5.14 g	30.56 %					
Alcohol	0.00 g	0.00 %					

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.