

# Kung Pao Crab - 1836

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	9.32 oz

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1				3 lb 14.50 oz Noodles, chinese, chow mein	Cook lo mein noodles per box instructions, until done. Drain and set aside.

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2				18 3/4 tbsp Oil, peanut, salad or cooking	<b>CHILI SAUCE</b> Heat a medium skillet with 1 Tablespoon of peanut oil. Once hot, stir in onions, ginger, and garlic. Cook and stir until fragrant, about 1 minute. Add tomato paste, broth, sambal, salt, and sweet chili sauce and simmer until sauce has thickened slightly, about 4 minutes.. Remove from heat and set aside.
				~ 1 1/4 cup 0 lb 5.95 oz Garlic, raw, chopped	
				~ 1 1/2 cup 0 lb 6.95 oz Onions, finely chopped	
				9 1/3 tbsp 0 lb 1.98 oz Ginger root, raw	
				6 1/4 tbsp 0 lb 3.61 oz Tomato paste	
				~ 2 cup 1 lb 8.44 oz Sweet Hot Thai Chili Sauce	
				~ 1 1/2 cup 0 lb 12.18 oz Broth, vegetable, ready to serve	
				~ 3 1/4 tbsp 0 lb 0.92 oz Salt, kosher, Diamond Crystal	
				12 1/2 tbsp 0 lb 8.13 oz Sambal Olek	

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3				0.0 ea 3 lb 14.50 oz Hungry Planet Crab™	In a large skillet, on medium high heat add 2 Tablespoons of peanut oil. Once hot, add Hungry Planet Crab, and break apart with spoon or spatula. Cook crab until internal temp reaches 165 degrees and meat is slightly golden, about 5 minutes. Add peas and bell peppers and cook another 3 minutes. Add sauce and serve with chow mien noodles. (Build 5 oz Noodles 4 oz Hungry Planet Crab Mixture 1 oz of vegetables
				3.1 ea 0 lb 13.12 oz Peppers red bell, medium	
				~ 1 1/2 qt 1 lb 5.88 oz Snow peas	

## ALLERGENS



## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	14 lb 9.09 oz	0 %	14 lb 9.09 oz	0 %	14 lb 9.09 oz
Size of portion	9.32 oz		9.32 oz		9.32 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	
<b>Total fat</b>	<b>9.13 g</b>	<b>35.90 %</b>	<b>13 %</b>	<b>224.85 kcal</b>	<b>11 %</b>	<b>Salt</b>	<b>1.46 g</b>	<b>24 %</b>	
Saturated	1.39 g	5.49 %	7 %	940.76 kJ		Salt	1.46 %		Vitamins
Monounsaturated	4.18 g	16.45 %		0.94 MJ		Sodium	583.37 mg		Vitamin A
Polyunsaturated	2.21 g	8.68 %				Phosphorus	56.74 mg		Vitamin D
Trans	0.21 g	0.84 %				Potassium	199.26 mg		Thiamine
Cholesterol	0.00 mg					Iron	2.12 mg		Riboflavin
Linolenic acid	2.19 g					Calcium	30.54 mg		Niacin
Alpha-linolenic acid	0.00 mg					Zinc	0.47 mg		Vitamin B6
<b>Total Carbohydrate</b>	<b>28.05 g</b>	<b>50.69 %</b>	<b>11 %</b>			Magnesium	19.84 mg		Vitamin B12
Sugars	4.47 g	-0.47 %	5 %			Iodine	0.00 µg		Folate
Sugar	0.00 g					Selenium	12.04 µg		Vitamin C
Lactose	0.00 g					Copper	0.08 mg		Vitamin E
<b>Fiber</b>	<b>2.61 g</b>	<b>2.22 %</b>							Vitamin K
Organic acids	0.00 g	0.00 %							
Sugar alcohol	0.00 g	0.00 %							Others
Starch	0.00 g	0.00 %							Water
<b>Protein</b>	<b>7.36 g</b>	<b>13.30 %</b>	<b>15 %</b>						34.76 g
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.