# Gyoza Lettuce Wraps - 1876

Recipe	group				Additional name	Diet factors Portions Portions 25 8.99
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	100.0 ea	4 lb 6.00 oz	0%	4 lb 6.00 oz	Hungry Planet Gyoza™	Heat oil in a wok or skillet until hot. Arrange pot stickers flat side down and cook until golder
	6 1/4 tbsp	0 lb 3.00 oz	0%	0 lb 3.00 oz	Oil, sesame	brown on one side. After golden brown on one side, add a few tablespoons of water to the
						skillet, cover and let steam for about 1 minute or until heated through.
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	6.3 ea	1,019 g	0%	1,019 g	Lettuce, Butter, 1 head, leaves separated	Separate lettuce leaves, top with gyoza and garnish with crushed peanuts, radish, carrots, a
		0 lb 15.62 oz	0%	0 lb 15.63 oz	Carrots, baby, raw, shredded	herbs. Serve with your favorite vegan peanut sauce or sweet chili sauce.
	~ 1 1/2 pt	0 lb 12.81 oz	0%	0 lb 12.81 oz	Radishes, raw, sliced	
		0.00 lb	0%	0.00 lb	Cucumber, with peel, raw	
	~ 1 pt	0 lb 10.62 oz	0%	0 lb 10.62 oz	Peanuts, all types, dry-roasted, without salt	
	12 1/2 tbsp	0 lb 0.44 oz	0%	0 lb 0.44 oz	Cilantro, fresh, chopped	
	~ 1 1/2 cup	0 lb 2.31 oz	0%	0 lb 2.31 oz	Basil, fresh, chopped	
	6 1/4 cup	4 lb 10.08 oz	0%	4 lb 10.08 oz	Thai Peanut Sauce, ready to eat	

# ALLERGENS

### WEIGHTS

-

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	14 lb 0.83 oz	0 %	14 lb 0.83 oz	0 %	14 lb 0.83 oz
Size of portion	8.99 oz		8.99 oz		8.99 oz

## ADDITIONAL INFO

MEMO

-

-

#### NUTRITION INFORMATION

supply / 100 g

						Minerals		RI		
Energy nutritives		% of energy	RI	Calories	RI	Salt	0.67 g	11 %		
Total fat	5.43 g	35.63 %	8 %	134.76 kcal	7 %	Salt	0.67 %		Vitamins	
Saturated	1.09 g	7.18 %	5 %	563.82 kJ		Sodium	267.60 mg		Vitamin A	53.22 µg
Monounsaturated	2.56 g	16.77 %		0.56 MJ		Phosphorus	62.75 mg		Vitamin D	0.06 µg
Polyunsaturated	1.27 g	8.36 %				Potassium	184.80 mg		Thiamine	0.14 mg
Trans	0.00 g	0.01 %				Iron	0.49 mg	F	Riboflavin	0.06 mg
Cholesterol	5.29 mg					Calcium	20.35 mg		Niacin	1.50 mg
Linolenic acid	1.23 g					Zinc	0.72 mg		Vitamin B6	0.13 mg
Alpha-linolenic acid	1.18 mg					Magnesium	19.56 mg		Vitamin B12	0.08 µg
Total Carbohydrate	18.53 g	55.88 %	7 %			lodine	0.00 µg		Folate	0.00 µg
Sugars	7.71 g	-1.37 %	9 %			Selenium	6.18 µg		Vitamin C	6.71 mg
Sugar	0.00 g					Copper	0.07 mg		Vitamin E	0.35 mg
Lactose	0.00 g						0		Vitamin K	22.98 µg
Fiber	1.18 g	1.67 %								
Organic acids	0.00 g	0.00 %							Others	
Sugar alcohol	0.00 g	0.00 %							Water	54.87 g
Starch	0.21 g	0.63 %							Water	54.07 g
Protein	3.94 g	11.87 %	8 %							
Alcohol	0.00 g	0.00 %								

#### CO2

© ,		Comparable values	
		Snacks	0.30 kg
	0.00 kg	Main courses	0.42 kg
2		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 for all the portions in relation to each other. The CO2 emissions 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.