Italian Sausage Skillet - 1851

Recipe -	group				Additional name	Diet factors	Portions 25	Portion size 10.67 OZ
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
1		0.00 lb	0%	0.00 lb	Hungry Planet Italian Sausage™	Season the Hungry Planet Italian Sausage with salt and		
	9 1/3 tbsp 0 lb 4.46 oz 0%			0 lb 4.46 oz	Olive oil, extra virgin	pepper. Pinch off onto a sheet pan sprayed with pan spray and bake for 15 minutes on 425°F.		
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
2	3.1 ea	0 lb 15.62 oz	0%	0 lb 15.62 oz	Squash, zucchini, medium, thinly sliced	While Italian Sausage is cooking in the oven, in a large		
	3.1 ea	0 lb 12.13 oz	0%	0 lb 12.13 oz	Onion, yellow, medium, diced	skillet, heat olive oil until lightly smoking. Add onions and		
	~ 1 1/2 qt	2 lb 0.85 oz	0%	2 lb 0.85 oz	Peppers, green bell, chopped	green peppers and sauté for 3 minutes. Add garlic and		
		0.00 lb	0%	0.00 lb	Garlic, raw, chopped	cook for another minute. Add zucchini and saute for 2-3 minutes.		
						Add tomato sauce, crushed red pepper flakes, and Italian seasoning. Turn heat down and let simmer for 12 minutes.		
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
3	1.172 gal	9 lb 6.00 oz	0%	9 lb 6.00 oz	Tomato sauce	Stir in cooked pasta and sausage. Return to a simmer for		
	~ 2 tbsp	0 lb 0.22 oz	0%	0 lb 0.22 oz	Seasoning, Italian	1 minute and serve hot.		
	12 1/2 tsp	0 lb 0.71 oz	0%	0 lb 0.71 oz	Red pepper flakes			
		3 lb 2.00 oz	0%	3 lb 2.00 oz	Pasta, cooked, unenriched, with added salt			
	37.5 ea	0 lb 0.75 oz	0%	0 lb 0.75 oz	Basil leaves, fresh			

ALLERGENS



WEIGHTS

 Raw
 Cooking loss
 Cooked
 Loss when served
 Final

 Total weight
 16 lb 10.74 oz
 0 %
 16 lb 10.74 oz
 0 %
 16 lb 10.74 oz

 Size of portion
 10.67 oz
 10.67 oz
 10.67 oz

ADDITIONAL INFO

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MEMO

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COSTS

	ingredients	Other costs	Total
Total price	\$0.00	\$0.00	\$0.00
Price / lb	\$0.00	\$0.00	\$0.00
Price per ptn	\$0.00	\$0.00	\$0.00

NUTRITION INFORMATION

supply / 100 g

						Minerals		RI		
Energy nutritives		% of energy RI Calories RI Salt 0.	0.75 g	12 %						
Total fat	2.07 g	28.40 %	3 %	64.42 kcal	3 %	Salt	0.75 %		Vitamins	
Saturated	0.30 g	4.05 %	2 %	269.52 kJ		Sodium	303.30 mg		Vitamin A	32.29 µg
Monounsaturated	1.32 g	18.07 %		0.27 MJ		Phosphorus	32.80 mg		Vitamin D	0.00 µg
Polyunsaturated	0.32 g	4.37 %				Potassium	223.25 mg		Thiamine	0.03 mg
Trans	0.00 g	0.00 %				Iron	0.73 mg		Riboflavin	0.06 mg
Cholesterol	0.00 mg					Calcium	11.99 mg		Niacin	0.79 mg
Linolenic acid	0.30 g					Zinc	0.27 mg		Vitamin B6	0.12 mg
Alpha-linolenic acid	5.06 mg					Magnesium	14.74 mg		Vitamin B12	0.00 µg
Total Carbohydrate	10.08 g	63.60 %	4 %			Iodine	0.00 µg		Folate	0.00 µg
Sugars	2.95 g	-1.09 %	3 %			Selenium	5.33 µg		Vitamin C	20.99 mg
Sugar	0.00 g					Copper	0.09 mg		Vitamin E	1.26 mg
Lactose	0.00 g					Сорро.	0.00g		Vitamin K	3.38 µg
Fiber	1.58 g	4.69 %								
Organic acids	0.00 g	0.00 %							Others	
Sugar alcohol	0.00 g	0.00 %							Water	83.93 g
Starch	4.88 g	30.75 %							vvalei	63.93 <u>y</u>
Protein	2.01 g	12.67 %	4 %							

CO2

Alcohol



0.01 kg

0.00 g

Comparable values Snacks Main courses Desserts

0.00 %

0.30 kg 0.42 kg 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 relaturant 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.