

# Buffalo Chicken Bites with Blue Cheese Sauce - 1847

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	9.84 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
<b>1</b>			4 lb 11.00 oz	0%	4 lb 11.00 oz	Hungry Planet Chicken™	<b>CHICKEN BITES</b> Preheat the deep fryer to 350 degrees. If you don't have a deep fryer use a medium sized saucepan with enough vegetable oil to cover bites. In a medium sized mixing bowl mix together rice flour, salt, onion and garlic powder. Set aside. On a small sheet pan, break ground chicken into pieces about 1 inch by 1 inch. Coat chicken in rice flour mixture and let set for 1 minute. Cook chicken for 4 minutes or until the internal temperature reaches 165 degrees.	
	12 1/2 tsp		0 lb 0.96 oz	0%	0 lb 0.96 oz	Spices, garlic powder		
	6 1/4 tsp		0 lb 0.48 oz	0%	0 lb 0.48 oz	Spices, onion powder		
	~ 1 1/2 cup		0 lb 8.71 oz	0%	0 lb 8.71 oz	Rice flour, white, unenriched		

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
<b>2</b>			25.00 oz	0%	25.00 oz	Blue cheese, vegan	<b>BUFFALO SAUCE</b> In a small skillet on low heat, melt butter. When butter is melted, add hot sauce and stir to combine. Season with salt and pepper and set aside.	
	9 1/3 cup		4 lb 15.37 oz	0%	4 lb 15.37 oz	Vegan ranch		
	3 1/8 tsp		0 lb 0.31 oz	0%	0 lb 0.31 oz	Salt, kosher, Diamond Crystal		
	~ 1 5/8 tsp		0 lb 0.12 oz	0%	0 lb 0.12 oz	Spices, pepper, black		

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
<b>3</b>	~ 1 1/2 qt		3 lb 2.00 oz	0%	3 lb 2.00 oz	Louisiana hot sauce	<b>BLUE CHEESE DIP</b> Place all ingredients into a small bowl and mix until combined. Store in an airtight container in the fridge for up to 1 week.	
	12 1/2 tbsps		0 lb 6.17 oz	0%	0 lb 6.17 oz	Vegan butter		

**ALLERGENS**



**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	15 lb 6.12 oz	0 %	15 lb 6.12 oz	0 %	15 lb 6.12 oz
Size of portion	9.84 oz		9.84 oz		9.84 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

Energy nutritives		% of energy	RI	Calories	RI	Minerals		RI		
<b>Total fat</b>	3.26 g	40.94 %	5 %	70.42 kcal	4 %	Salt	0.75 g	12 %		
Saturated	0.58 g	7.23 %	3 %	294.63 kJ		Salt	0.75 %		Vitamins	
Monounsaturated	0.92 g	11.61 %		0.29 MJ		Sodium	298.36 mg		Vitamin A	16.67 µg
Polyunsaturated	0.54 g	6.83 %				Phosphorus	10.47 mg		Vitamin D	0.00 µg
Trans	0.00 g	0.00 %				Potassium	119.57 mg		Thiamine	0.01 mg
Cholesterol	0.00 mg					Iron	0.80 mg		Riboflavin	0.02 mg
Linolenic acid	0.09 g					Calcium	17.59 mg		Niacin	0.13 mg
Alpha-linolenic acid	0.15 mg					Zinc	0.08 mg		Vitamin B6	0.05 mg
<b>Total Carbohydrate</b>	5.36 g	30.92 %	2 %			Magnesium	4.29 mg		Vitamin B12	0.00 µg
Sugars	0.05 g	-0.02 %	0 %			Iodine	0.00 µg		Folate	0.20 µg
Sugar	0.00 g					Selenium	0.76 µg		Vitamin C	0.96 mg
Lactose	0.00 g					Copper	0.02 mg		Vitamin E	0.01 mg
<b>Fiber</b>	1.10 g	2.97 %							Vitamin K	0.13 µg
Organic acids	0.00 g	0.00 %								
Sugar alcohol	0.00 g	0.00 %							Others	
Starch	0.00 g	0.00 %							<b>Water</b>	19.80 g
<b>Protein</b>	5.15 g	29.71 %	10 %							
<b>Alcohol</b>	0.00 g	0.00 %								

CO2



0.06 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.