

Hungry Planet Pesto Grilled Cheese - 1698

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	10.23 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	18 3/4 tbsp	0 lb 8.93 oz	0%	0 lb 8.93 oz	Olive oil, extra virgin	In a large skillet, heat 3 Tablespoons of olive on medium high heat. Add Hungry Planet Chicken™ Grilled & Diced chicken and cook until golden brown, about 4- 6 minutes. Remove from the skillet and set aside.
		3 lb 2.00 oz	0%	3 lb 2.00 oz	Hungry Planet Diced Grilled Chicken	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	50.0 ea	5 lb 7.50 oz	0%	5 lb 7.50 oz	Sourdough bread, slices	Lay out all pieces of bread and spread 1 Tablespoon of pesto on one side of each slice. Season with a little salt and pepper and lay one slice of cheese on top. Next, place the cooked chicken on cheese, and top with another slice of bread cheese side down.
	50 tbsp	1 lb 10.46 oz	0%	1 lb 10.46 oz	Vegan pesto	
	100.0 ea	4 lb 6.55 oz	0%	4 lb 6.55 oz	Vegan cheddar cheese, slices	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	25 tbsp	0 lb 12.35 oz	0%	0 lb 12.35 oz	Vegan butter	In a large skillet, heat 4 Tablespoons of vegan butter on medium heat. Once butter has melted, add grilled cheese sandwiches and cook for about four minutes on each side, or until they are golden brown and the cheese has melted. Remove from the pan and enjoy.

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	15 lb 15.78 oz	0 %	15 lb 15.78 oz	0 %	15 lb 15.78 oz
Size of portion	10.23 oz		10.23 oz		10.23 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	15.15 g	51.60 %	22 %	259.55 kcal	13 %	Salt	0.93 g	16 %	
Saturated	7.49 g	25.52 %	37 %	1,085.93 kJ		Salt	0.93 %		Vitamin A
Monounsaturated	4.39 g	14.97 %		1.09 MJ		Sodium	371.32 mg		Vitamin D
Polyunsaturated	1.52 g	5.19 %				Phosphorus	35.92 mg		Thiamine
Trans	0.00 g	0.01 %				Potassium	93.69 mg		Riboflavin
Cholesterol	0.00 mg					Iron	1.69 mg		Niacin
Linolenic acid	0.61 g					Calcium	26.47 mg		Vitamin B6
Alpha-linolenic acid	21.55 mg					Zinc	0.36 mg		Vitamin B12
Total Carbohydrate	24.48 g	38.32 %	9 %			Magnesium	10.95 mg		Folate
Sugars	1.58 g	-0.15 %	2 %			Iodine	0.00 µg		Vitamin C
Sugar	0.00 g					Selenium	9.78 µg		Vitamin E
Lactose	0.00 g					Copper	0.05 mg		Vitamin K
Fiber	1.27 g	0.94 %							
Organic acids	0.00 g	0.00 %							Water
Sugar alcohol	0.00 g	0.00 %							11.29 g
Starch	15.13 g	23.69 %							
Protein	6.62 g	10.36 %	13 %						
Alcohol	0.00 g	0.00 %							

CO2



0.09 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.