

# Sloppiest Joes with Hungry Planet Beef - 1688

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	14.22 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1		100.00 oz	0%	100.00 oz	Hungry Planet Beef™	Heat 2 tablespoons of oil in a skillet over medium heat. Add your bell peppers and onions and cook for 4 minutes. Next add garlic powder, crushed red pepper flakes, tomato sauce, brown sugar, ketchup, soy sauce and a bit of salt and pepper. Cook for an additional 8 minutes or until the sauce thickens slightly, and remove from heat.
	~ 1 1/2 pt	0 lb 13.91 oz	0%	0 lb 13.91 oz	Onion, diced	
	~ 1 1/2 pt	1 lb 0.42 oz	0%	1 lb 0.42 oz	Green pepper, chopped	
	2 1/3 qt	75.00 oz	0%	75.00 oz	Tomato sauce	
	300 tsp	1 lb 7.13 oz	0%	1 lb 7.13 oz	Spices, garlic powder	
	~ 1 1/2 pt	1 lb 9.00 oz	0%	1 lb 9.00 oz	Ketchup	
	12 1/2 tbsp	0 lb 6.06 oz	0%	0 lb 6.06 oz	Brown sugar, packed	
	12 1/2 tsp	0 lb 1.22 oz	0%	0 lb 1.22 oz	Salt, kosher, Diamond Crystal	
	~ 3 cup	1 lb 10.10 oz	0%	1 lb 10.10 oz	Beverages, water, tap, drinking	
	6 1/4 tbsp	0 lb 3.51 oz	0%	0 lb 3.51 oz	Soy sauce, low sodium	
	25.0 ea	3 lb 1.38 oz	0%	3 lb 1.38 oz	Kaiser buns	
	31 1/4 tbsp	0 lb 15.02 oz	0%	0 lb 15.02 oz	Vegetable oil	
	12 1/2 tsp	0 lb 0.71 oz	0%	0 lb 0.71 oz	Red pepper flakes	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2						Heat 3 tablespoons of oil in a large skillet over medium high heat. Once oil is hot, add in Hungry Planet Beef, and mix with a spoon to break up ground beef. Cook beef until browned and heated through. Season with a little salt and pepper, and add sauce, water and cook for an additional 6 to 8 minutes.
						To serve, spoon 2 to 3 oz of your Sloppiest Joe mixture onto your favorite buns and enjoy.
						*Make a smoky and spicy version by adding 1 Tablespoon of chopped chipotles in adobo and fresh cilantro or make a Korean style Sloppiest Joe by adding in 2 Tablespoons of Korean red pepper paste, and 2 Teaspoons of sesame oil to your sauce, and top with vegan kimchi.

## ALLERGENS



## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	22 lb 3.47 oz	0 %	22 lb 3.47 oz	0 %	22 lb 3.47 oz
Size of portion	14.22 oz		14.22 oz		14.22 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
<b>Total fat</b>	<b>5.79 g</b>	<b>32.04 %</b>	<b>8 %</b>	<b>159.84 kcal</b>	<b>8 %</b>	<b>Salt</b>	<b>1.19 g</b>	<b>20 %</b>	<b>Vitamins</b>
Saturated	0.42 g	2.34 %	2 %	668.79 kJ		Salt	1.19 %		Vitamin A
Monounsaturated	2.85 g	15.77 %		0.67 MJ		Sodium	475.11 mg		Vitamin D
Polyunsaturated	1.47 g	8.13 %				Phosphorus	51.19 mg		Thiamine
Trans	0.02 g	0.09 %				Potassium	355.32 mg		Riboflavin
Cholesterol	0.00 mg					Iron	1.90 mg		Niacin
Linolenic acid	1.07 g					Calcium	61.55 mg		Vitamin B6
Alpha-linolenic acid	386.83 mg					Zinc	0.40 mg		Vitamin B12
<b>Total Carbohydrate</b>	<b>19.44 g</b>	<b>49.43 %</b>	<b>7 %</b>			Magnesium	14.14 mg		Folate
Sugars	4.48 g	-0.67 %	5 %			Iodine	0.00 µg		Vitamin C
Sugar	0.00 g					Selenium	7.21 µg		Vitamin E
Lactose	0.00 g					Copper	0.09 mg		Vitamin K
Fiber	3.57 g	4.27 %							Water
Organic acids	0.00 g	0.00 %							40.39 g
Sugar alcohol	0.00 g	0.00 %							
Starch	0.00 g	0.00 %							
Protein	8.54 g	21.71 %	17 %						
Alcohol	0.00 g	0.00 %							

**CO2**



**0.14 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.