

Stone Fruit Salad with HP Grilled Chicken

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	12.90 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1				75.00 oz	Hungry Planet Diced Grilled Chicken	HUNGRY PLANET STONE FRUIT SALAD WITH GRILLED CHICKEN 1. Heat oil over medium high heat in a large skillet. When the pan is hot, add Hungry Planet Chicken™? Grilled and Diced, and cook for 8 minutes or until heated through, stirring occasionally. Sprinkle it with salt and pepper and let cool.
	3 lb 2.00 oz		0%	3 lb 2.00 oz	Peaches, yellow, raw, sliced	
	1 lb 9.00 oz		0%	1 lb 9.00 oz	Nectarines, raw, sliced	
	~ 1 1/2 qt	1 lb 12.62 oz	0%	1 lb 12.62 oz	Apricots, dried, sulfured, uncooked	
	~ 1 1/2 pt	1 lb 1.64 oz	0%	1 lb 1.64 oz	Cranberries, dried, sweetened	
	~ 1 1/2 pt	0 lb 13.56 oz	0%	0 lb 13.56 oz	Nuts, pistachio nuts, dry roasted, with salt added	
	~ 1 1/2 pt	0 lb 12.50 oz	0%	0 lb 12.50 oz	Vegan feta	
	~ 1 1/2 cup	0 lb 0.73 oz	0%	0 lb 0.73 oz	Mint, roughly chopped	
	50 tbsp	1 lb 11.56 oz	0%	1 lb 11.56 oz	Salad dressing, raspberry vinegar and oil	
	2.25 gal	4 lb 8.00 oz	0%	4 lb 8.00 oz	Lettuce, green leaf, raw	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2						ASSEMBLY 2. Add spring mix, nuts, dried berries, dressing and fruit into a large bowl and gentle mix. Crumble vegan feta on top. Finish with Hungry Planet Chicken™? Grilled and Diced, and vegan feta, and serve.

RECIPE IMAGES



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	20 lb 2.61 oz	0 %	20 lb 2.61 oz	0 %	20 lb 2.61 oz
Size of portion	12.90 oz		12.90 oz		12.90 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
Fat	7.23 g	45.65 %	140.04 kcal	Salt	0.26 g	
Saturated	1.03 g	6.51 %	585.95 kJ	Salt	0.26 %	Vitamins
Monounsaturated	2.34 g	14.76 %	0.59 MJ	Sodium	103.59 mg	Vitamin A
Polyunsaturated	2.68 g	16.90 %		Phosphorus	38.03 mg	Vitamin D
Trans	0.00 g	0.00 %		Potassium	300.89 mg	Thiamine
Cholesterol	0.00 mg			Iron	1.07 mg	Riboflavin
Linolenic acid	2.53 g			Calcium	29.59 mg	Niacin
Alpha-linolenic acid	10.17 mg			Zinc	0.22 mg	Vitamin B6
Carbohydrate	15.83 g	45.94 %		Magnesium	12.63 mg	Vitamin B12
Sugars	11.33 g	32.88 %		Iodine	0.00 µg	Folic acid
Sugar	0.00 g			Selenium	0.93 µg	Vitamin C
Lactose	0.00 g			Copper	0.11 mg	Vitamin E
Fibre	2.64 g	3.61 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Others
Starch	0.09 g	0.27 %				Water
Protein	5.22 g	15.15 %				
Alcohol	0.00 g	0.00 %				