

Curried Pumpkin/Squash with HP Chicken Meatballs - 1783

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	22.54 oz

1 PUMPKIN SOUP

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
1.172 gal	9 lb 2.17 oz	0%	9 lb 2.17 oz	Vegetable broth	PUMPKIN SOUP In a medium-sized pot, add pumpkin puree, vegetable broth, and coconut milk. Using a medium-sized whisk, stir in garam masala, curry powder, ginger, onion powder, garlic powder black pepper, salt, agave nectar, and 1 bay leaf. Place pot on stove and heat on medium heat. Place lid on top and cook for 10 - 12 minutes, stirring occasionally. After 12 minutes, remove the lid, season to taste, and keep warm.		
1.311 gal	11 lb 5.25 oz	0%	11 lb 5.25 oz	Pumpkin or Butternut Squash, canned, or frozen			
3 1/8 qt	6 lb 7.13 oz	0%	6 lb 7.12 oz	Coconut milk			
12 1/2 tsp	0 lb 0.91 oz	0%	0 lb 0.91 oz	Garam masala			
6 1/4 tbsp	0 lb 1.39 oz	0%	0 lb 1.39 oz	Spices, curry powder			
~ 1/4 cup	0 lb 0.88 oz	0%	0 lb 0.88 oz	Ginger root, raw			
6 1/4 tsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Spices, onion powder			
12 1/2 tsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Spices, garlic powder			
12 1/2 tsp	0 lb 2.81 oz	0%	0 lb 2.81 oz	Agave syrup			
12 1/2 tsp	0 lb 1.22 oz	0%	0 lb 1.22 oz	Salt, kosher, Diamond Crystal			
6 1/4 tsp	0 lb 0.50 oz	0%	0 lb 0.50 oz	Spices, black pepper, ground			
	0.00 lb	0%	0.00 lb	Spices, bay leaf			

2 CHICKEN MEATBALLS

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
	6 lb 4.00 oz	0%	6 lb 4.00 oz	Hungry Planet Chicken™	MEATBALLS To make the meatballs, place Hungry Planet ground chicken in a small bowl. Add cumin seeds, onion powder, garlic powder, parsley, salt and pepper. Roll each meatball into 1 oz portions, and keep cool. Once all meatballs are done, add 2 Tablespoons of oil, into a large skillet on medium high heat. Add meatballs into skillet and cook until golden brown on all sides. About 8 minutes or internal temperature reaches 160 degrees. To assemble, pour soup into 4 bowls, then add meatballs. Garnish with toasted pumpkin seeds, and parsley and enjoy.		
12 1/2 tsp	0 lb 0.88 oz	0%	0 lb 0.88 oz	Spices, cumin seed			
6 1/4 tsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Spices, onion powder			
12 1/2 tsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Spices, garlic powder			
~ 1 1/2 pt	0 lb 5.62 oz	0%	0 lb 5.62 oz	Parsley, fresh			
12 1/2 tsp	0 lb 1.22 oz	0%	0 lb 1.22 oz	Salt, kosher, Diamond Crystal			
6 1/4 tsp	0 lb 0.50 oz	0%	0 lb 0.50 oz	Spices, black pepper, ground			

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
3	~ 1 1/2 pt	0 lb 14.22 oz	0%	0 lb 14.22 oz	Seeds, pumpkin and squash seed kernels, dried			

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	35 lb 3.60 oz	0 %	35 lb 3.60 oz	0 %	35 lb 3.60 oz
Size of portion	22.54 oz		22.54 oz		22.54 oz

ADDITIONAL INFO

-

MEMO

-

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	Vitamins	
Total fat	2.05 g	34.60 %	3 %	52.30 kcal	3 %	Salt	0.73 g	12 %		
Saturated	0.28 g	4.71 %	1 %	218.84 kJ		Salt	0.73 %		Vitamin A	254.62 µg
Monounsaturated	0.47 g	7.97 %		0.22 MJ		Sodium	291.79 mg		Vitamin D	0.00 µg
Polyunsaturated	0.55 g	9.35 %				Phosphorus	46.93 mg		Thiamine	0.02 mg
Trans	0.00 g	0.03 %				Potassium	155.36 mg		Riboflavin	0.02 mg
Cholesterol	0.00 mg					Iron	1.23 mg		Niacin	0.28 mg
Linolenic acid	0.54 g					Calcium	23.35 mg		Vitamin B6	0.03 mg
Alpha-linolenic acid	3.99 mg					Zinc	0.30 mg		Vitamin B12	0.00 µg
Total Carbohydrate	5.48 g	42.57 %	2 %			Magnesium	24.87 mg		Folate	0.00 µg
Sugars	1.70 g	-0.78 %	2 %			Iodine	0.00 µg		Vitamin C	2.88 mg
Sugar	0.00 g					Selenium	0.60 µg		Vitamin E	0.48 mg
Lactose	0.00 g					Copper	0.08 mg		Vitamin K	22.36 µg
Fiber	1.84 g	6.73 %								
Organic acids	0.00 g	0.00 %							Others	
Sugar alcohol	0.00 g	0.00 %							Water	55.74 g
Starch	0.04 g	0.29 %								
Protein	3.98 g	30.88 %	8 %							
Alcohol	0.00 g	0.00 %								

CO2



0.03 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.