

Chicken, Kale and Roasted Pepper Panini - 1718

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	10.12 oz

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity	
1					In a medium-sized skillet, heat up 2 Tablespoons of vegetable oil, on medium heat. Once hot, add Hungry Planet Grilled and Diced Chicken and cook, browning meat on all sides and internal temp. Reaches 165 degrees. Season with salt and pepper and add lemon zest. Stir and remove from pan. In the same pan, add 2 teaspoons of olive oil and heat on medium. Add kale, and red peppers, and chili flakes and cook for 2 minutes.			
				4 lb 11.00 oz		Hungry Planet Diced Grilled Chicken		
3 1/8 qt				1 lb 13.50 oz		Kale, raw, chopped		
~ 1 1/2 qt				2 lb 5.50 oz		Peppers, red, roasted		
~ 1 1/2 pt				1 lb 10.46 oz		Vegan Mayonnaise		
~ 1 1/8 qt				1 lb 0.41 oz		Vegan parmesan, dry, grated		
6 1/4 tsp				0 lb 0.44 oz		Lemon zest		
12 1/2 tsp				0 lb 1.98 oz		Oil, olive		
37.5 ea				4 lb 1.62 oz	Sourdough bread, slices			

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
2					To assemble: Spread mayo on both halves of sourdough bread. Add parmesan cheese, then chicken, then kale and red peppers. Add top on and put into a lightly oiled panini press. Cook on medium-high heat for 6 minutes or until panini is hot all the way through.		

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	15 lb 12.91 oz	0 %	15 lb 12.91 oz	0 %	15 lb 12.91 oz
Size of portion	10.12 oz		10.12 oz		10.12 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	Others	
Total fat	11.24 g	48.13 %	16 %	206.46 kcal	10 %	Salt	1.25 g	21 %		
Saturated	2.42 g	10.38 %	12 %	863.84 kJ		Salt	1.25 %		Vitamins	
Monounsaturated	2.17 g	9.29 %		0.86 MJ		Sodium	499.11 mg		Vitamin A	59.22 µg
Polyunsaturated	4.85 g	20.77 %				Phosphorus	39.63 mg		Vitamin D	0.00 µg
Trans	0.00 g	0.01 %				Potassium	186.03 mg		Thiamine	0.20 mg
Cholesterol	0.00 mg					Iron	1.89 mg		Riboflavin	0.13 mg
Linolenic acid	0.32 g					Calcium	49.69 mg		Niacin	1.46 mg
Alpha-linolenic acid	16.35 mg					Zinc	0.35 mg		Vitamin B6	0.08 mg
Total Carbohydrate	18.88 g	37.16 %	7 %			Magnesium	14.40 mg		Vitamin B12	0.00 µg
Sugars	1.47 g	-0.17 %	2 %			Iodine	0.00 µg		Folate	17.39 µg
Sugar	0.00 g					Selenium	7.57 µg		Vitamin C	19.29 mg
Lactose	0.00 g					Copper	0.21 mg		Vitamin E	0.35 mg
Fiber	2.05 g	1.90 %							Vitamin K	82.86 µg
Organic acids	0.00 g	0.00 %								
Sugar alcohol	0.00 g	0.00 %							Water	32.33 g
Starch	11.48 g	22.59 %								
Protein	7.86 g	15.47 %	16 %							
Alcohol	0.00 g	0.00 %								

CO2



0.07 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.