

# Hungry Planet™ Diced Grilled Chicken Creamy Bowtie

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	12.90 oz

## 1 BOWTIE PASTA

Name of ingredient	Capacity measure	EP	Methods
Bowtie Pasta	1.042 gal	4 lb 2.67 oz	<b>BOWTIE PASTA</b> Cook pasta in boiling salted water according to directions on the box or until al dente. Drain and set aside.

## 2 HUNGRY PLANET™ DICED GRILLED CHICKEN ALFREDO

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Diced Grilled Chicken		4 lb 2.67 oz	<b>HUNGRY PLANET™ DICED GRILLED CHICKEN CREAMY BOWTIE</b> Heat Hungry Planet™ Diced Grilled Chicken in pot with alfredo sauce and frozen peas until warmed. Add cooked pasta and stir to combine. Serve hot with parmesan and black pepper.
Vegan alfredo	1.042 gal	8 lb 13.10 oz	
Peas, green, frozen, unprepared	~ 2 1/8 qt	2 lb 7.39 oz	
Vegan parmesan, dry, grated	~ 2 cup	0 lb 7.29 oz	
Spices, black pepper, ground	~ 1/3 cup	0 lb 1.32 oz	

RECIPE IMAGES



ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	20 lb 2.43 oz	0 %	20 lb 2.43 oz	0 %	20 lb 2.43 oz
Size of portion	12.90 oz		12.90 oz		12.90 oz

**NUTRITION INFORMATION**

supply / 100 g

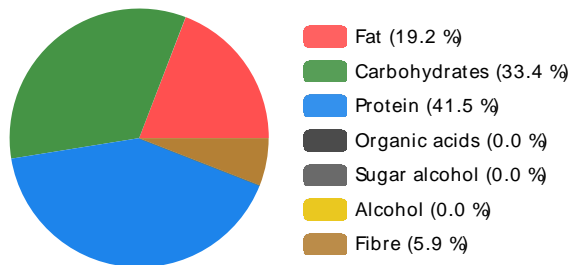
Energy nutritives		% of energy
<b>Fat</b>	<b>0.89 g</b>	<b>21.08 %</b>
Saturated	0.01 g	0.34 %
Monounsaturated	0.01 g	0.16 %
Polyunsaturated	0.03 g	0.62 %
Trans	0.00 g	0.00 %
Cholesterol	0.00 mg	
Linolenic acid	0.02 g	
Alpha-linolenic acid	0.62 mg	
<b>Carbohydrate</b>	<b>3.37 g</b>	<b>36.74 %</b>
Sugars	0.61 g	6.68 %
Sugar	0.00 g	
Lactose	0.00 g	
<b>Fibre</b>	<b>1.27 g</b>	<b>6.53 %</b>
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	0.51 g	5.55 %
<b>Protein</b>	<b>4.20 g</b>	<b>45.69 %</b>
Alcohol	0.00 g	0.00 %

Energy	Minerals
37.31 kcal	Salt 0.29 g
156.11 kJ	Salt 0.29 %
0.16 MJ	Sodium 114.59 mg
	Phosphorus 10.67 mg
	Potassium 86.17 mg
	Iron 0.62 mg
	Calcium 14.84 mg
	Zinc 0.11 mg
	Magnesium 3.88 mg
	Iodine 0.00 µg
	Selenium 0.25 µg
	Copper 0.02 mg

Vitamins
Vitamin A 12.69 µg
Vitamin D 0.00 µg
Thiamine 0.03 mg
Riboflavin 0.01 mg
Niacin 0.21 mg
Vitamin B6 0.01 mg
Vitamin B12 0.00 µg
Folic acid 0.00 µg
Vitamin C 2.20 mg
Vitamin E 0.01 mg
Vitamin K 4.08 µg

Others
Water 9.82 g

**PERCENTAGE OF ENERGY**



**CO2**



0.02 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.