

Italian Sausage and Herb Stuffing - 1814

Recipe group	Additional name				Diet factors	Portions	Portion size
-						25	6.82 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
1				2 lb 8.00 oz	Bread, Ciabatta	Preheat oven to 300°F. Toss diced bread with 1 oz of olive oil. Transfer to baking pan and bake for 20 minutes. Remove from oven and allow to cool. Reserve.		
	2/3 cup		0%	0 lb 5.00 oz	Olive oil, extra virgin			
2				5.00 lb	Vegetable stock	Bring stock to boil. Reduce to a simmer. Reserve.		
	2 1/2 qt		0%					
3				0 lb 15.00 oz	Hungry Planet Italian Sausage™	Heat 1 oz of olive oil in a large sauté pan. Add Hungry Planet Italian Sausage and cook over medium-high heat. Use a spatula to create a ½ inch sized crumble. Continue to cook until sausage is golden brown, about 10 minutes. Add carrots, celery, onions, mushrooms, salt, pepper, sage, and Italian seasoning blend. Stir to combine and continue to cook for an additional 5 minutes. Lower the heat slightly if the vegetables begin to brown.		
	1 pt		0%	0 lb 10.00 oz	Carrots, peeled, diced			
	1 1/8 qt		0%	1 lb 4.00 oz	Onions, finely chopped			
	2 1/2 tsp		0%	0 lb 0.24 oz	Salt, kosher, Diamond Crystal			
	1 1/4 tsp		0%	0 lb 0.10 oz	Spices, black pepper, ground			
	2 1/2 tsp		0%	0 lb 0.08 oz	Spices, sage, ground			
	1 2/3 tbsp		0%	0 lb 0.18 oz	Seasoning, Italian			
4						Deglaze the sauté with a cup of the simmering stock. Set to the side. Preheat oven to 375°F. Combine toasted bread, sautéed vegetables, and the remaining stock in a shallow baking dish and allow almost all of the stock to be absorbed. Place in the preheated oven and bake for 25 to 35 minutes (times will vary depending on sized baking dish and oven selection).		

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	10 lb 10.60 oz	0 %	10 lb 10.60 oz	0 %	10 lb 10.60 oz
Size of portion	6.82 oz		6.82 oz		6.82 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	3.78 g	33.26 %	100.40 kcal	5 %	Salt	0.53 g	9 %
Saturated	0.56 g	4.96 %	420.10 kJ		Salt	0.53 %	Vitamin A
Monounsaturated	2.23 g	19.67 %	0.42 MJ		Sodium	219.03 mg	Vitamin D
Polyunsaturated	0.55 g	4.81 %			Phosphorus	29.73 mg	Thiamine
Trans	0.01 g	0.06 %			Potassium	113.54 mg	Riboflavin
Cholesterol	0.00 mg				Iron	1.53 mg	Niacin
Linolenic acid	0.50 g				Calcium	175.73 mg	Vitamin B6
Alpha-linolenic acid	19.55 mg				Zinc	0.26 mg	Vitamin B12
Total Carbohydrate	12.72 g	51.47 %			Magnesium	8.26 mg	Folate
Sugars	1.95 g	-0.46 %			Iodine	0.00 µg	Vitamin C
Sugar	0.00 g				Selenium	3.84 µg	Vitamin E
Lactose	0.00 g				Copper	0.04 mg	Vitamin K
Fiber	3.08 g	5.87 %					
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %					
Starch	6.47 g	26.19 %					Others
Protein	4.19 g	16.97 %					Water
Alcohol	0.00 g	0.00 %					24.92 g

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.