

# Korean Meatball Sub with Hungry Planet Thai MB - 1719

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	11.42 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity	
1	4 2/3 cup		2 lb 15.62 oz	0%	2 lb 15.62 oz	<b>BULGOGI SAUCE</b> To make the bulgogi sauce combine soy sauce, brown sugar, garlic, gochujang, sesame oil, green onion, and lime juice. Stir together and set aside.			
	~ 1 1/8 qt		2 lb 4.38 oz	0%	2 lb 4.38 oz				
	~ 2 tbsp		0 lb 0.44 oz	0%	0 lb 0.44 oz				
							<i>Grated</i>		
	6 1/4 tbsp		0 lb 3.00 oz	0%	0 lb 3.00 oz		Oil, sesame		
	0.0 ea		0.00 lb	0%	0.00 lb		Juice of 1 lime		
	100 tbsp		0 lb 15.65 oz	0%	0 lb 15.65 oz	Green onions, tops only, chopped			

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
2	6 1/4 tbsp		0 lb 3.12 oz	0%	0 lb 3.12 oz	<b>SRIRACHA MAYO</b> In a small bowl, mix mayo and Sriracha and set aside.		
	~ 1 1/2 cup		0 lb 13.23 oz	0%	0 lb 13.23 oz		Vegan Mayonnaise	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
3	75.0 ea		4 lb 11.00 oz	0%	4 lb 11.00 oz	Hungry Planet Asian Meatball™		

In a medium-size skillet, heat up 2 Tablespoons of vegetable oil, on medium heat. Once hot, add Hungry Planet Meatballs and cook, browning meatballs on all sides, and internal temp. Reaches 165 degrees. Add bulgogi sauce and cook for 1 minute.  
To assemble. Cut the baguette in half and spread sriracha mayo on both sides. Next, add meatballs, then kimchi, and top with Asian slaw.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
4	3 1/8 qt		1 lb 8.88 oz	0%	1 lb 8.88 oz			
	3 1/8 qt		4 lb 2.14 oz	0%	4 lb 2.14 oz			
			0.00 lb	0%	0.00 lb		Bread, french or vienna, whole wheat, loaf	

## ALLERGENS



**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	17 lb 13.46 oz	0 %	17 lb 13.46 oz	0 %	17 lb 13.46 oz
Size of portion	11.42 oz		11.42 oz		11.42 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	Vitamins
<b>Total fat</b>	5.32 g	32.75 %	143.77 kcal	7 %	<b>Salt</b>	2.91 g	49 %
Saturated	0.67 g	4.12 %	601.57 kJ		Salt	2.91 %	Vitamin A
Monounsaturated	1.09 g	6.73 %	0.60 MJ		Sodium	1,164.50 mg	Vitamin D
Polyunsaturated	2.50 g	15.36 %			Phosphorus	31.18 mg	Thiamine
Trans	0.00 g	0.00 %			Potassium	210.05 mg	Riboflavin
Cholesterol	0.00 mg				Iron	1.70 mg	Niacin
Linolenic acid	0.47 g				Calcium	41.40 mg	Vitamin B6
Alpha-linolenic acid	1.15 mg				Zinc	0.15 mg	Vitamin B12
<b>Total Carbohydrate</b>	17.65 g	49.88 %			Magnesium	13.31 mg	Folate
Sugars	13.38 g	-2.22 %			Iodine	0.00 µg	Vitamin C
Sugar	0.00 g				Selenium	0.51 µg	Vitamin E
Lactose	0.00 g				Copper	0.04 mg	Vitamin K
Fiber	2.44 g	3.24 %					
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %					
Starch	0.00 g	0.00 %					
Protein	7.23 g	20.44 %					
Alcohol	0.00 g	0.00 %					
							<b>Others</b>
							Water
							46.28 g

CO2



0.42 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.