Matzo Ball Soup with Hungry Planet Chicken - 1820

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	18.75 oz

1 MATZO BALLS

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods	Dividing weight	Dividing capacity
	1 lb 9.00 oz	0%	1 lb 9.00 oz Crackers, matzo, plain	MATZO BALLS		
6 1/4 tbsp	0 lb 2.98 oz	0%	0 lb 2.98 oz Olive oil, extra virgin	In a medium bowl, add matzah meal, JUST egg, oil, salt,		
~ 1 1/2 pt	0 lb 12.50 oz	0%	0 lb 12.50 oz Vegan egg, Just brand	pepper, dill, and parsley. Mix until combined.		
6 1/4 tsp	0 lb 0.23 oz	0%	0 lb 0.23 oz Dill weed, fresh, chopped	*Start with ¾ cup matzah meal and add up to 1 cup to		
6 1/4 tsp	0 lb 0.23 oz	0%	0 lb 0.23 oz Parsley, Italian, fresh, chopped	make into a firm, yet slightly sticky, dough. Place the bowl		
6 1/4 tsp	0 lb 0.48 oz	0%	0 lb 0.48 oz Spices, garlic powder	of dough in the fridge for 30 minutes to help firm before		
3 1/8 tsp	0 lb 0.31 oz	0%	0 lb 0.31 oz Salt, kosher, Diamond Crystal	shaping into balls. Once the matzo ball dough has firmed up, remove from		
3 1/8 tsp	0 lb 0.25 oz	0%	0 lb 0.25 oz Spices, black pepper, ground	the fridge and form into 1 inch ball-shapes. The dough		
				should be enough for 12-14 small matzah balls total. Once the balls are formed, place them in the fridge,		

covered, and start on the soup.

2 SOUP

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
	6 1/4 tbsp	0 lb 3.01 oz	0%	0 lb 3.01 oz	Oil, canola	SOUP		
		4 lb 11.00 oz	0%	4 lb 11.00 oz	Hungry Planet Chicken™	Add 1 tablespoon of oil to a medium sized skillet, on		
						medium-high heat. Once hot, add Hungry Planet Ground Chicken and cook until brown. Remove chicken from skillet and set aside.		
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
3	~ 1 1/2 pt	0 lb 11.13 oz	0%	0 lb 11.13 oz	Celery, diced	Next, add 1 tablespoon of oil into a large soup pot. Once		
	~ 1 1/2 qt	1 lb 15.25 oz	0%	1 lb 15.25 oz	Carrots, peeled, diced	hot, add in your chopped onions, celery, garlic, parsley,		
	~ 1 1/2 pt	0 lb 13.91 oz	0%	0 lb 13.91 oz	Onions, finely chopped	and carrots. Season with salt and pepper and sauté for 5 minutes.		
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
4	2.344 gal	18 lb 4.33 oz	0%	18 lb 4.33 oz	Vegetable broth	Add vegetable broth to the pot. Taste, and add additional		
	6 1/4 tsp	0 lb 0.23 oz	0%	0 lb 0 23 oz	Parsley, Italian, fresh, chopped	salt and pepper to your liking. Bring to a boil.		

	Capacity measure	EP Trim loss	AP Name of ingredient	Methods	Dividing weight	Dividing capacity
5				Once boiling, add in your matzah balls one at a time. Turn the temperature down to medium heat and cook the soup for an additional 8 to 10 minutes (no longer, you do not want to overcook everything). Turn off the stove, remove the pot from the heat, add your cooked chicken, and serve immediately!		

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight Size of portion	29 lb 4.84 oz 18.75 oz	0 %	29 lb 4.84 oz 18.75 oz	0 %	29 lb 4.84 oz 18.75 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 / Ib	\$0.00	\$0.00	\$0.00
Price per ptn	\$0.00	\$0.00	\$0.00

NUTRITION INFORMATION

supply / 100 g

					Minerals		RI		
	% of energy	RI	Calories	RI	Salt	0.60 g	10 %		
1.94 g	28.65 %	3 %	60.00 kcal	3 %	Salt	0.60 %		Vitamins	
0.15 g	2.26 %	1 %	251.04 kJ		Sodium	237.04 mg		Vitamin A	57.10 µg
0.88 g	12.95 %		0.25 MJ		Phosphorus	•		Vitamin D	0.04 µg
0.29 g	4.28 %				•	•		Thiamine	0.03 mg
0.00 g	0.04 %					•		Riboflavin	0.03 mg
0.00 mg						•		Niacin	0.29 mg
0.23 g						0		Vitamin B6	0.03 mg
58.71 mg						•		Vitamin B12	0.01 µg
7.41 g	50.18 %	3 %			0	•		Folate	0.00 µg
1.08 g	-0.43 %	1 %			Selenium	10		Vitamin C	0.88 mg
0.00 g					Copper			Vitamin E	0.30 mg
0.00 g						5 5		Vitamin K	4.17 µg
0.89 g	2.83 %								
0.00 g	0.00 %							Othere	
0.00 g	0.00 %								74.72 g
0.10 g	0.65 %							Water	74.72 g
3.35 g	22.66 %	7 %							
0.00 g	0.00 %								
	0.15 g 0.88 g 0.29 g 0.00 g 0.00 mg 0.23 g 58.71 mg 7.41 g 1.08 g 0.00 g	1.94 g 28.65 % 0.15 g 2.26 % 0.88 g 12.95 % 0.29 g 4.28 % 0.00 g 0.04 % 0.00 mg 0.023 g 58.71 mg 50.18 % 1.08 g -0.43 % 0.00 g 0.00 g 0.00 g 0.00 g 0.00 g 0.00 g 0.00 g 0.00 % 0.00 g 0.00 % 0.00 g 0.00 % 0.00 g 0.00 % 0.10 g 0.65 % 3.35 g 22.66 %	$\begin{array}{c ccccccccccccccccccccccccccccccccccc$	1.94 g 28.65 % 3 % 60.00 kcal 0.15 g 2.26 % 1 % 251.04 kJ 0.88 g 12.95 % 0.25 MJ 0.29 g 4.28 % 0.00 g 0.00 g 0.04 % 0.25 MJ 0.00 mg 0.04 % 0.23 g 0.23 g 58.71 mg 7.41 g 50.18 % 3 % 1.08 g -0.43 % 1 % 0.00 g 0.00 % 0.10 g 0.65 % 3.35 g 22.66 % 7 %	1.94 g 28.65 % 3 % 0.15 g 2.26 % 1 % 0.88 g 12.95 % 0.25 MJ 0.29 g 4.28 % 0.25 MJ 0.00 mg 0.04 % 0.23 g 58.71 mg 50.18 % 3 % 7.41 g 50.18 % 3 % 0.00 g -0.43 % 1 % 0.00 g 0.00 % 1 0.10 g 0.65 % 7 %	% of energy RI Calories RI Salt 1.94 g 28.65 % 3 % 60.00 kcal 3 % Salt 0.15 g 2.26 % 1 % 251.04 kJ Sodium 0.88 g 12.95 % 0.25 MJ Phosphorus 0.29 g 4.28 % 0.25 MJ Potassium 0.00 g 0.04 % Iron Calcium 0.00 mg Zinc Zinc 58.71 mg 3 % 1 % Selenium 0.00 g 0.03 % 1 % Selenium 0.00 g 0.00 % Selenium 0.00 g 0.00 % Selenium 0.00 g 0.00 % Selenium 0.00 g 0.00 % Selenium 0.00 g 0.00 % Selenium 0.00 g 0.00 % Selenium 0.00 g 0.00 % Selenium 0.00 g 0.00 %	% of energy R Calories R Salt 0.60 g 1.94 g 28.65 % 3 % 60.00 kcal 3 % Salt 0.60 % 0.15 g 2.26 % 1 % 251.04 kJ Sodium 237.04 mg 0.88 g 12.95 %	% of energy NI Calories NI Salt 0.60 g 10 % 1.94 g 28.65 % 3 % 60.00 kcal 3 % Salt 0.60 % 10 % 0.15 g 2.26 % 1 % 251.04 kJ Sodium 237.04 mg 237.04 mg 0.88 g 12.95 % 0.25 MJ Phosphorus 11.03 mg 237.04 mg 0.00 g 0.04 % 0.25 MJ Potassium 90.23 mg 23.04 mg 0.00 mg 0.04 % - Iron 0.55 mg 21nc 0.09 mg 58.71 mg 50.18 % 3 % 10 % Selenium 3.34 mg 3.34 mg 0.00 g -0.43 % 1 % Selenium 3.13 µg 0.01 mg 0.01 m	Not density Ri Calories Ri Salt 0.60 g 10 % 1.94 g 28.65 % 3 % 60.00 kcal 3 % Salt 0.60 % Vitamin A 0.15 g 2.26 % 1 % 251.04 kJ Sodium 237.04 mg Vitamin A 0.88 g 12.95 % 1 0.25 MJ Phosphorus 11.03 mg Vitamin D 0.09 g 0.04 % 1 0.25 MJ Phosphorus 11.03 mg Niacin 0.00 mg 0.04 % 1 Calcium 14.13 mg Niacin 0.23 g 1.08 g 0.43 % 3 % Zinc 0.09 mg Vitamin B6 1.08 g -0.43 % 1 % Selenium 3.34 mg Vitamin C 0.00 g 0.00 % 1 Selenium 3.13 µg Vitamin K 0.00 g 0.00 % 1 Selenium 3.13 µg Vitamin K 0.00 g 0.00 % 1 Selenium 3.13 µg Vitamin K 0.00 g 0.00 % <td< td=""></td<>

CO2

© ,		Comparable values	
		Snacks	0.30 kg
	0.03 kg	Main courses	0.42 kg
2	J	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 dimate impact for all the portions in relation to each other. The CO2 emissions can be add on the size of the portions and the average climate impact of the ingredients, but emission values have been calculated from the JAMIX sample database, which contains different types of recipes.