

# Italian Sausage Breakfast Bake - 1821

Recipe group	Additional name				Diet factors	Portions	Portion size
-						25	10.33 oz
Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
1	12 1/2 tbsp	0 lb 5.95 oz	0%	0 lb 5.95 oz Oil, olive	Preheat your oven to 350°F.		
Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
2		4 lb 2.67 oz	0%	4 lb 2.67 oz Hungry Planet Italian Sausage™	In a medium-sized skillet, heat up 2 tablespoons of vegetable oil, on medium heat. Once hot, add Hungry Planet Italian Sausage and cook, browning meat on all sides and internal temperature reaches 165°F, about 6 minutes. Add lemon zest, stir and remove from pan.		
	8 1/3 tsp	0 lb 0.59 oz	0%	0 lb 0.59 oz Lemon zest			
Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
3	~ 1 pt	0 lb 12.50 oz	0%	0 lb 12.50 oz Peppers, red, roasted	In the same pan, add 2 teaspoons of olive oil and heat on medium heat. Add roasted red peppers and flakes, onions, garlic, thyme, sage, and rosemary. Cook for 4 minutes or until onions start to get tender. Remove from heat and add to cooked sausage.		
	~ 1 pt	0 lb 14.26 oz	0%	0 lb 14.26 oz Onions, yellow, diced			
	~ 1/4 cup	0 lb 1.32 oz	0%	0 lb 1.32 oz Garlic, raw, chopped			
	4 1/8 tsp	0 lb 0.24 oz	0%	0 lb 0.24 oz Red pepper flakes			
	4 1/8 tsp	0 lb 0.01 oz	0%	0 lb 0.01 oz Thyme, fresh, chopped			
	4 1/4 tbsp	0 lb 0.38 oz	0%	0 lb 0.38 oz Spices, sage, fresh, chopped			
	8 1/3 tsp	0 lb 0.42 oz	0%	0 lb 0.42 oz Rosemary, fresh, chopped			
Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
4	28.6 ea	50.00 oz	0%	50.00 oz Sourdough bread, torn or cut into large cubes	In a large bowl, add cooled sausage and vegetable mixture, bread crumbs, Just Egg, salt, pepper, vegan cheeses, and mix until incorporated.		
	1.042 gal	4 lb 9.49 oz	0%	4 lb 9.49 oz Vegan egg, Just brand			
	~ 1 qt	0 lb 14.58 oz	0%	0 lb 14.58 oz Vegan parmesan, dry, grated			
	~ 1 qt	1 lb 0.67 oz	0%	1 lb 0.67 oz Vegan mozzarella cheese, shredded			
	8 1/3 tsp	0 lb 0.82 oz	0%	0 lb 0.82 oz Salt, kosher, Diamond Crystal			
	4 1/8 tsp	0 lb 0.33 oz	0%	0 lb 0.33 oz Spices, pepper, black			
Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
5					Oil a 9 x13 sized casserole dish or baking dish. Add mixture to dish and bake for 40 minutes. Once done, top with your favorite herbs like parsley, thyme or fresh rosemary, and enjoy!		

## ALLERGENS



**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	16 lb 2.21 oz	0 %	16 lb 2.21 oz	0 %	16 lb 2.21 oz
Size of portion	10.33 oz		10.33 oz		10.33 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>	<b>6.10 g</b>	<b>33.70 %</b>	<b>159.95 kcal</b>	<b>8 %</b>	<b>Salt</b>	<b>1.39 g</b>	<b>23 %</b>	
Saturated	2.12 g	11.74 %	669.26 kJ		Salt	1.39 %	Vitamin A	4.14 µg
Monounsaturated	1.76 g	9.72 %	0.67 MJ		Sodium	554.00 mg	Vitamin D	0.46 µg
Polyunsaturated	0.42 g	2.35 %			Phosphorus	44.22 mg	Thiamine	0.18 mg
Trans	0.00 g	0.01 %			Potassium	243.01 mg	Riboflavin	0.20 mg
Cholesterol	0.00 mg				Iron	2.39 mg	Niacin	1.03 mg
Linolenic acid	0.39 g				Calcium	121.00 mg	Vitamin B6	0.08 mg
Alpha-linolenic acid	12.39 mg				Zinc	0.51 mg	Vitamin B12	0.10 µg
<b>Total Carbohydrate</b>	<b>16.80 g</b>	<b>42.67 %</b>			Magnesium	12.38 mg	Folate	12.97 µg
Sugars	1.72 g	-0.26 %			Iodine	0.00 µg	Vitamin C	2.75 mg
Sugar	0.00 g				Selenium	17.42 µg	Vitamin E	0.84 mg
Lactose	0.00 g				Copper	0.04 mg	Vitamin K	4.33 µg
Fiber	2.30 g	2.75 %						
Organic acids	0.00 g	0.00 %						
Sugar alcohol	0.00 g	0.00 %						
Starch	8.56 g	21.76 %					Others	
Protein	9.48 g	24.09 %					Water	41.21 g
Alcohol	0.00 g	0.00 %						

CO2



0.09 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.