

# Crab Rangoon Dip V.2

Recipe group	Additional name	Diet factors	Portions	Portion size
-			30	5.15 oz

	Name of ingredient	Capacity measure	EP	Methods
1	Vegan cream cheese	1 1/2 qt	3 lb 2.00 oz	Preheat oven to 350 degrees. In a medium-sized bowl, mix together cream cheese, mayonnaise, lemon juice, sour cream, and garlic. Set aside.
	Vegan Mayonnaise	~ 1 1/2 pt	1 lb 10.46 oz	
	Vegan sour cream	~ 1 1/2 cup	0 lb 12.68 oz	
	Lemon juice, raw	6 1/4 tbsp	0 lb 3.24 oz	
	Garlic clove, finely minced	6 1/4 tsp	0 lb 0.62 oz	
2	Oil, sesame	6 1/4 tsp	0 lb 1.00 oz	Next, place a medium-sized skillet over medium-high heat. Add sesame and vegetable oil. Once the skillet is hot, add Hungry Planet Crab, salt, and pepper and cook for 4 minutes. Mix hot crab into cream cheese mixture, add chives, and mix thoroughly. Put crab dip mixture into an appropriate size casserole dish. Bake for 18 to 20 or until the dip is bubbly.
	Vegetable oil	6 1/4 tbsp	0 lb 3.00 oz	
	Hungry Planet Crab™	0.0 ea	3 lb 2.00 oz	
	Salt, kosher, Diamond Crystal	12 1/2 tsp	0 lb 1.22 oz	
	Spices, pepper, black	3 1/8 tsp	0 lb 0.25 oz	
3	Chives, raw	12 1/2 tbsp	0 lb 1.32 oz	Remove from oven, and sprinkle top with sweet chili sauce and serve with wonton chips. *Optional garnishes: sesame seeds, chopped chives, or furikake seasoning.
	Sweet Hot Thai Chili Sauce	6 1/4 tbsp	0 lb 4.63 oz	

## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	9 lb 10.43 oz	0 %	9 lb 10.43 oz	0 %	9 lb 10.43 oz
Size of portion	5.15 oz		5.15 oz		5.15 oz

## NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Calories	Minerals		Vitamins	
<b>Total fat</b>	<b>32.62 g</b>	<b>87.41 %</b>	<b>330.00 kcal</b>	<b>Salt</b>	<b>1.59 g</b>		
Saturated	8.32 g	22.28 %	1,380.77 kJ	Salt	1.59 %	Vitamin A	1.94 µg
Monounsaturated	5.11 g	13.69 %	1.38 MJ	Sodium	634.54 mg	Vitamin D	0.00 µg
Polyunsaturated	11.68 g	31.29 %		Phosphorus	1.75 mg	Thiamine	0.00 mg
Trans	0.01 g	0.02 %		Potassium	108.62 mg	Riboflavin	0.00 mg
Cholesterol	0.00 mg			Iron	0.66 mg	Niacin	0.02 mg
Linolenic acid	0.64 g			Calcium	19.04 mg	Vitamin B6	0.01 mg
Alpha-linolenic acid	178.16 mg			Zinc	0.02 mg	Vitamin B12	0.00 µg
<b>Total Carbohydrate</b>	<b>3.83 g</b>	<b>4.72 %</b>		Magnesium	1.11 mg	Folate	0.00 µg
Sugars	0.64 g	-0.05 %		Iodine	0.00 µg	Vitamin C	1.70 mg
Sugar	0.00 g			Selenium	0.09 µg	Vitamin E	0.36 mg
Lactose	0.00 g			Copper	0.01 mg	Vitamin K	3.57 µg
Fiber	1.37 g	0.80 %				Others	
Organic acids	0.00 g	0.00 %				Water	4.78 g
Sugar alcohol	0.00 g	0.00 %					
Starch	0.00 g	0.00 %					
Protein	7.90 g	9.73 %					
Alcohol	0.00 g	0.00 %					

## CO2



**0.06 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.