

Hungry Planet™ Diced Grilled Chicken Flatbread

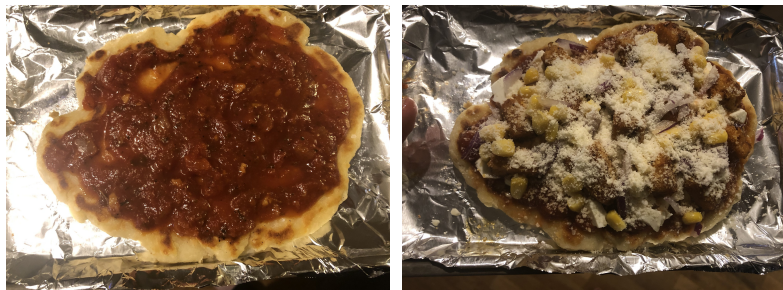
Recipe group SANDWICHES	Additional name Hungry Planet	Diet factors	Portions 25	Portion size 11.18 oz
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1 BUFFALO HUNGRY PLANET™ DICED GRILLED CHICKEN

Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Diced Grilled Chicken		6 lb 4.00 oz	HEAT HUNGRY PLANET™ DICED GRILLED CHICKEN Heat butter in pan over high heat. Sear Hungry Planet™ Diced chicken for 2 minutes. Add buffalo sauce, mix thoroughly. Set aside.
Vegan butter	~ 1 1/2 cup	0 lb 12.35 oz	
Spicy Buffalo Sauce	1 1/2 pt	25.00 oz	

2 FLATBREAD

Name of ingredient	Capacity measure	EP	Methods
Flatbread rounds	25.0 ea	2 lb 5.92 oz	MAKE FLATBREAD Spoon tomato sauce on flatbread. Arrange mozzarella cheese, Hungry Planet™ Diced Grilled Chicken, corn, onions, and parmesan cheese on flatbread. Toast in 400°F oven until cheese has melted and flatbread is toasted (5-10 minutes). Serve hot.
Tomato products, canned, sauce, with onions	~ 1 1/8 qt	2 lb 8.51 oz	
Vegan mozzarella cheese, shredded	~ 1 1/2 qt	1 lb 9.00 oz	
Corn, canned	~ 1 1/8 qt	1 lb 6.49 oz	
Onion, red, raw, sliced	~ 1 1/2 cup	0 lb 5.29 oz	
Cheese, parmesan, grated	~ 1 1/2 pt	0 lb 11.02 oz	



RECIPE IMAGES



ALLERGENS

GLUTEN, SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	17 lb 7.58 oz	0 %	17 lb 7.58 oz	0 %	17 lb 7.58 oz
Size of portion	11.18 oz		11.18 oz		11.18 oz

NUTRITION INFORMATION

supply / 100 g

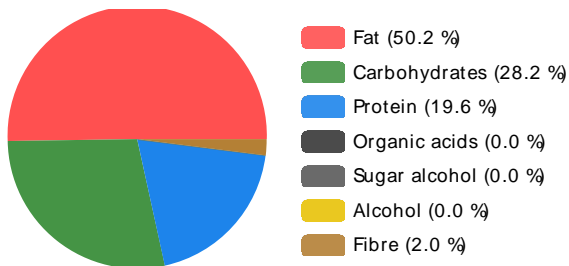
Energy nutritives		% of energy
Fat	10.47 g	51.66 %
Saturated	2.97 g	14.64 %
Monounsaturated	2.94 g	14.50 %
Polyunsaturated	1.78 g	8.77 %
Trans	0.04 g	0.20 %
Cholesterol	3.39 mg	
Linolenic acid	0.88 g	
Alpha-linolenic acid	91.49 mg	
Carbohydrate	12.78 g	28.98 %
Sugars	0.52 g	1.17 %
Sugar	0.00 g	
Lactose	0.00 g	
Fibre	1.93 g	2.06 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	1.05 g	2.38 %
Protein	8.87 g	20.12 %
Alcohol	0.00 g	0.00 %

Energy	Minerals
179.16 kcal	Salt 1.83 g
749.63 kJ	Salt 1.83 %
0.75 MJ	Sodium 731.07 mg
	Phosphorus 52.97 mg
	Potassium 216.32 mg
	Iron 1.32 mg
	Calcium 134.87 mg
	Zinc 0.41 mg
	Magnesium 8.58 mg
	Iodine 0.00 µg
	Selenium 3.69 µg
	Copper 0.05 mg

Vitamins
Vitamin A 21.12 µg
Vitamin D 0.02 µg
Thiamine 0.08 mg
Riboflavin 0.08 mg
Niacin 0.79 mg
Vitamin B6 0.09 mg
Vitamin B12 0.06 µg
Folic acid 7.32 µg
Vitamin C 2.15 mg
Vitamin E 0.46 mg
Vitamin K 0.85 µg

Others
Water 34.54 g

PERCENTAGE OF ENERGY



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.