

# Grilled Mediterranean Chicken Wrap - 1849

Recipe group	Additional name				Diet factors	Portions	Portion size
-						25	14.48 oz

  

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
1	25 tbsp	0 lb 11.90 oz	0%	0 lb 11.90 oz	Olive oil, extra virgin	Heat oil in a skillet over high heat. Add Hungry Planet Chicken™ and sear until golden brown (3 minutes). Set aside to cool slightly. Add chickpeas, lemon juice and cook for an additional 3 minutes. Remove from heat and let cool.		
		4 lb 11.00 oz	0%	4 lb 11.00 oz	Hungry Planet Diced Grilled Chicken			
2	2 1/3 qt	3 lb 6.23 oz	0%	3 lb 6.23 oz	Garbanzo beans	In a large bowl mix together Hungry Planet Chicken and chickpea mixture with vegan feta, Greek vinaigrette, quinoa, cherry tomatoes, and peppers.		
	6 1/4 tbsp	0 lb 3.24 oz	0%	0 lb 3.24 oz	Lemon juice, raw			
3	2 1/3 qt	3 lb 3.28 oz	0%	3 lb 3.28 oz	Tomatoes, cherry, halved	Toast wrap by heating it in a pan, or carefully and briefly toast directly on a gas burner. When toasted, spoon mixture onto the wraps and top with spinach. Tuck in the sides and roll up into a wrap. Cut in half or cut into 1- inch rounds for sharing. Serve cold or refrigerate and save for later.		
	6.2 ea	1 lb 10.24 oz	0%	1 lb 10.24 oz	Peppers red bell, medium			
	~ 1 1/2 cup	0 lb 7.05 oz	0%	0 lb 7.05 oz	Banana peppers, chopped			
	~ 1 1/8 qt	1 lb 2.75 oz	0%	1 lb 2.75 oz	Vegan feta			
	1.563 gal	2 lb 5.50 oz	0%	2 lb 5.50 oz	Baby spinach			
	~ 1 1/2 cup	0 lb 14.11 oz	0%	0 lb 14.11 oz	Salad dressing, Greek, Pre Made			
4	25.0 ea	3 lb 14.61 oz	0%	3 lb 14.61 oz	Tortillas, flour, 10"			

## ALLERGENS



## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	22 lb 9.92 oz	0 %	22 lb 9.92 oz	0 %	22 lb 9.92 oz
Size of portion	14.48 oz		14.48 oz		14.48 oz

## ADDITIONAL INFO

**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>5.86 g</b>	<b>38.28 %</b>	<b>135.32 kcal</b>	<b>7 %</b>	<b>Salt</b>	<b>0.67 g</b>	<b>11 %</b>	
Saturated	0.71 g	4.66 %	566.20 kJ		Salt	0.67 %	Vitamin A	17.52 µg
Monounsaturated	3.15 g	20.57 %	0.57 MJ		Sodium	266.65 mg	Vitamin D	0.00 µg
Polyunsaturated	0.90 g	5.91 %			Phosphorus	54.98 mg	Thiamine	0.11 mg
Trans	0.00 g	0.01 %			Potassium	153.33 mg	Riboflavin	0.04 mg
Cholesterol	0.19 mg				Iron	1.18 mg	Niacin	0.91 mg
Linolenic acid	0.80 g				Calcium	46.55 mg	Vitamin B6	0.06 mg
Alpha-linolenic acid	0.08 mg				Zinc	0.24 mg	Vitamin B12	0.00 µg
<b>Total Carbohydrate</b>	<b>15.38 g</b>	<b>46.16 %</b>			Magnesium	10.17 mg	Folate	17.30 µg
Sugars	2.42 g	-0.43 %			Iodine	0.00 µg	Vitamin C	11.56 mg
Sugar	0.00 g				Selenium	4.34 µg	Vitamin E	0.89 mg
Lactose	0.01 g				Copper	0.08 mg	Vitamin K	4.84 µg
Fiber	2.38 g	3.36 %					Others	
Organic acids	0.00 g	0.00 %					Water	39.09 g
Sugar alcohol	0.00 g	0.00 %						
Starch	7.41 g	22.26 %						
Protein	5.78 g	17.36 %						
Alcohol	0.00 g	0.00 %						

CO2



0.05 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.