

Chicken and Mushroom Pot Pie - 1830

Recipe group	Additional name			Diet factors	Portions	Portion size
-					25	10.11 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
1					3 lb 2.00 oz Pie crust, refrigerated, regular, unbaked	Pre-heat oven to 375 degrees.		
2					6 1/4 tbsp 0 lb 2.98 oz Olive oil, extra virgin	Place 1 layer of vegan pie dough on to the bottom of a 9 inch pie dish. In a large skillet, heat olive oil over medium high heat. Add the mushrooms, celery and onions and cook until onions are translucent, 2 to 3 minutes. Next, add the garlic and thyme and cook an additional minute.		
					0 lb 9.38 oz Mushrooms, oyster, raw, chopped			
					0 lb 9.38 oz Mushrooms, shiitake, raw, chopped			
					~ 1 1/2 pt 0 lb 13.91 oz Onion, diced			
					~ 1 1/2 cup 0 lb 5.57 oz Celery, diced			
					3 1/8 tsp 0 lb 0.01 oz Thyme, fresh, chopped			
					4 2/3 tsp 0 lb 0.50 oz Garlic, raw, chopped			
3					~ 1 cup 0 lb 4.73 oz Wheat flour, white, all-purpose, unenriched	Whisk in the flour, and stir. Cook for 1 minute.		
4					~ 1 1/2 qt 3 lb 0.72 oz Vegetable broth	Add the vegetable broth, milk, and whisk to combine.		
					~ 1 1/2 pt 1 lb 12.88 oz Beverages, almond milk, unsweetened, shelf stable			
5					2 lb 5.50 oz Vegetables, mixed, frozen, unprepared	Add vegetables, potatoes, Hungry Planet Chicken, and salt and pepper, and stir to combine. Pour filling into pie crust-lined pie dish, and place other piece of pie dough on top. Trim any overhang and seal the edges with a fork or your finger. Cut 2 slits in the top of the crust with a small knife. Bake pot pie for 40 to 45 minutes, or until crust is golden brown. Cut and enjoy!		
					~ 1 1/2 pt 0 lb 15.62 oz Potatoes, peeled, diced			
					1 lb 9.00 oz Hungry Planet Diced Grilled Chicken			
					4 2/3 tsp 0 lb 0.46 oz Salt, kosher, Diamond Crystal			
					3 1/8 tsp 0 lb 0.25 oz Spices, pepper, black			

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	15 lb 12.87 oz	0 %	15 lb 12.87 oz	0 %	15 lb 12.87 oz
Size of portion	10.11 oz		10.11 oz		10.11 oz

ADDITIONAL INFO

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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	
Total fat	6.83 g	44.56 %	135.53 kcal	7 %	Salt	0.62 g	10 %	
Saturated	2.09 g	13.61 %	567.06 kJ		Salt	0.62 %	Vitamin A	43.17 µg
Monounsaturated	2.97 g	19.36 %	0.57 MJ		Sodium	247.70 mg	Vitamin D	0.15 µg
Polyunsaturated	0.85 g	5.57 %			Phosphorus	31.99 mg	Thiamine	0.05 mg
Trans	0.00 g	0.00 %			Potassium	125.39 mg	Riboflavin	0.05 mg
Cholesterol	0.00 mg				Iron	0.67 mg	Niacin	0.79 mg
Linolenic acid	0.78 g				Calcium	36.03 mg	Vitamin B6	0.05 mg
Alpha-linolenic acid	26.05 mg				Zinc	0.21 mg	Vitamin B12	0.00 µg
Total Carbohydrate	15.64 g	46.89 %			Magnesium	8.78 mg	Folate	3.56 µg
Sugars	0.56 g	-0.10 %			Iodine	0.00 µg	Vitamin C	2.09 mg
Sugar	0.00 g				Selenium	1.88 µg	Vitamin E	0.51 mg
Lactose	0.00 g				Copper	0.05 mg	Vitamin K	1.55 µg
Fiber	1.60 g	2.26 %						
Organic acids	0.00 g	0.00 %						
Sugar alcohol	0.00 g	0.00 %						
Starch	8.88 g	26.62 %					Others	
Protein	3.13 g	9.40 %					Water	59.97 g
Alcohol	0.00 g	0.00 %						

CO2



0.02 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.