Resolution Bowl with Thai Meatballs - 1872

Recipe group	Additional name	Diet factors	Portions	Portion size
-			4	18.87 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient
1	1/3 cup	0 lb 3.00 oz	0%	0 lb 3.00 oz	Seeds, sesame butter, tahini
	2 1/2 tbsp	0 lb 1.30 oz	0%	0 lb 1.30 oz	Lemon juice, raw
	1 tbsp	0 lb 0.61 oz	0%	0 lb 0.61 oz	Miso
	2 tbsp	0 lb 1.49 oz	0%	0 lb 1.49 oz	Honey
	4 tbsp	0 lb 2.00 oz	0%	0 lb 2.00 oz	Water

Methods

TAHINI VINAIGRETTE

Step 1: In a blender or food processor, add tahini, miso, honey, garlic, olive oil, and water. Blend until smooth and creamy. Season with salt and pepper to taste and set aside.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
2	1 1/2 cup	0 lb 10.69 oz	0%	0 lb 10.69 oz	Rice, black, long-grain, cooked
	~ 1 pt	1 lb 2.00 oz	0%	1 lb 2.00 oz	Water
	3 1/2 tbsp	0 lb 1.67 oz	0%	0 lb 1.67 oz	Olive oil, extra virgin
	3 tsp	0 lb 0.29 oz	0%	0 lb 0.29 oz	Salt, kosher, Diamond Crystal
	1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Spices, black pepper, ground
	3/4 cup	0 lb 4.10 oz	0%	0 lb 4.10 oz	Edamame, frozen, prepared

Methods

BLACK RICE

Step 2: Bring 2 ¼ Cups of Water, 2 teaspoons of salt, and 1 tablespoon of olive oil to a boil in a medium-sized saucepot. When water/stock starts to boil, add rice, and cover with a lid. Cook on low heat for 20 minutes. After 20 minutes, add the edamame and cook for an additional 5 minutes. Once done, fluff rice lightly with a fork, and set it aside to cool.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
3	12.0 ea	0 lb 12.00 oz	0%	0 lb 12.00 oz	Hungry Planet Asian Meatball™

Methods

Step 3: Add 1 ½ tablespoons of olive into a medium-sized skillet on medium-high heat. Once hot, add Hungry Planet Thai Meatballs and cook for 6 to 8 minutes, or until golden brown and internal temperature reaches 165 degrees.
Step 4: To assemble, add equal portions of rice to each bowl. Toss carrots, cucumber, and spinach with vinaigrette, and salt and pepper to taste. Next, place equal portions of each on top of rice. To finish, place a quarter of an avocado on the side, and garnish with sesame seeds and green onions.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
4	1 qt	0 lb 6.00 oz	0%	0 lb 6.00 oz	Baby spinach
	3/4 cup	0 lb 1.35 oz	0%	0 lb 1.35 oz	Carrots, raw, shaved
		0 lb 2.00 oz	0%	0 lb 2.00 oz	Cucumber, with peel, raw, diced
	4 tbsp	0 lb 1.02 oz	0%	0 lb 1.03 oz	Radishes, raw, sliced
	~ 1 1/2 cup	0 lb 8.00 oz	0%	0 lb 8.00 oz	Avocados, sliced
	1 tbsp	0 lb 0.31 oz	0%	0 lb 0.31 oz	Seeds, sesame seeds, whole, roasted and toasted
	4 tbsp	0 lb 0.63 oz	0%	0 lb 0.63 oz	Green onions, tops only, chopped
	2 tbsp	0 lb 0.95 oz	0%	0 lb 0.95 oz	Olive oil, extra virgin

Methods

ALLERGENS

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	4 lb 11.50 oz	0 %	4 lb 11.50 oz	0 %	4 lb 11.50 oz
Size of portion	18.87 oz		18.87 oz		18.87 oz

ADDITIONAL INFO

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MEMO

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NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	RI
Total fat	8.21 g	56.12 %	12 %
Saturated	1.10 g	7.52 %	6 %
Monounsaturated	4.54 g	31.04 %	
Polyunsaturated	1.73 g	11.83 %	
Trans	0.00 g	0.00 %	
Cholesterol	0.00 mg		
Linolenic acid	1.64 g		
Alpha-linolenic acid	33.25 mg		
Total Carbohydrate	9.89 g	31.05 %	4 %
Sugars	2.13 g	-0.39 %	2 %
Sugar	0.00 g		
Lactose	0.00 g		
Fiber	2.63 g	3.88 %	
Organic acids	0.00 g	0.00 %	
Sugar alcohol	0.00 g	0.00 %	
Starch	3.65 g	11.47 %	
Protein	5.23 g	16.43 %	10 %
Alcohol	0.00 g	0.00 %	

Calories	RI
129.37 kcal	6 %
541.28 kJ	
0.54 MJ	

Minerals		RI
Salt	0.53 g	9 %
Salt	0.53 %	
Sodium	210.47 mg	
Phosphorus	61.53 mg	
Potassium	188.05 mg	
Iron	1.44 mg	
Calcium	58.24 mg	
Zinc	0.60 mg	
Magnesium	29.48 mg	
Iodine	0.00 µg	
Selenium	2.56 µg	
Copper	0.24 mg	

Vitamins	
Vitamin A	18.46 µg
Vitamin D	0.00 µg
Thiamine	0.06 mg
Riboflavin	0.05 mg
Niacin	0.92 mg
Vitamin B6	0.09 mg
Vitamin B12	0.00 µg
Folate	0.00 µg
Vitamin C	2.56 mg
Vitamin E	0.80 mg
Vitamin K	8.18 µg

Others	
Water	32.83 g

CO2

0.04 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.