

Winter Miso Soup with Hungry Planet Gyoza

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	12.39 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	8 1/3 tbsp	0 lb 4.00 oz	0%	0 lb 4.00 oz	Vegetable oil	In a large pot, heat the vegetable oil over medium-high heat. Add the sliced mushrooms and a pinch of salt. Cook, stirring occasionally, until the mushrooms have released most of their liquid (5-8 minutes).
		2 lb 1.33 oz	0%	2 lb 1.33 oz	Mushroom, white, exposed to ultraviolet light, raw <i>Cremini, sliced</i>	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 1/2 pt	1 lb 0.66 oz	0%	1 lb 0.66 oz	Carrots <i>Julienned</i>	Add the carrots, edamame, cabbage, and ginger, and cook until the vegetables are just beginning to develop some color (2-3 minutes).
	1 1/2 pt	1 lb 0.70 oz	0%	1 lb 0.70 oz	Edamame, frozen, prepared <i>shelled</i>	
	2 1/8 qt	1 lb 4.83 oz	0%	1 lb 4.83 oz	Cabbage, shredded	
	~ 4 1/4 tbsp	0 lb 0.88 oz	0%	0 lb 0.88 oz	Ginger root, raw <i>peeled and grated</i>	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3		2.94 oz	0%	2.94 oz	Seaweed, kelp, raw <i>Kombu sheets</i>	Pour the water into the pot and stir in the seaweed, miso, sugar, and rice vinegar. Stir until the miso has dissolved.
	~ 1 1/3 cup	0 lb 13.34 oz	0%	0 lb 13.34 oz	Miso	
	~ 4 1/4 tbsp	0 lb 1.84 oz	0%	0 lb 1.84 oz	Sugars, granulated	
	~ 4 1/4 tbsp	0 lb 2.19 oz	0%	0 lb 2.19 oz	Rice Wine Vinegar	
	33 1/3 cup	17 lb 6.37 oz	0%	17 lb 6.37 oz	Beverages, water, tap, drinking	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	91.6 ea	4 lb 0.15 oz	0%	4 lb 0.15 oz	Hungry Planet Gyoza™	Add the gyoza to the soup and allow the mixture to come to a boil. Reduce the heat to medium-low and simmer for 10-15 minutes. Remove the kombu seaweed before serving.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	~ 4 1/4 tbsp	0 lb 2.00 oz	0%	0 lb 2.00 oz	Oil, sesame <i>toasted</i>	Stir in the toasted sesame oil and green onion tops. Taste and adjust flavors as desired.
	~ 1 pt	0 lb 5.22 oz	0%	0 lb 5.22 oz	Green onions, tops only, chopped	
		0.00 lb	0%	0.00 lb	Salt, kosher, Diamond Crystal <i>To taste</i>	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6						Ladle the gyoza and soup into bowls. Serve warm with your favorite garnishes (chili oil, sriracha sauce, sesame seeds, etc.).

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	28 lb 14.45 oz	33 %	19 lb 5.84 oz	0 %	19 lb 5.84 oz
Size of portion	18.50 oz		12.39 oz		12.39 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Calories	Minerals			
Total fat	3.69 g	46.59 %	70.07 kcal	Salt	0.66 g		
Saturated	0.63 g	8.01 %	293.18 kJ	Salt	0.66 %	Vitamins	
Monounsaturated	1.72 g	21.67 %	0.29 MJ	Sodium	263.65 mg	Vitamin A	50.68 µg
Polyunsaturated	1.06 g	13.40 %		Phosphorus	56.07 mg	Vitamin D	2.86 µg
Trans	0.01 g	0.07 %		Potassium	158.91 mg	Thiamine	0.11 mg
Cholesterol	3.52 mg			Iron	0.52 mg	Riboflavin	0.10 mg
Linolenic acid	0.88 g			Calcium	21.69 mg	Niacin	1.02 mg
Alpha-linolenic acid	137.73 mg			Zinc	0.64 mg	Vitamin B6	0.09 mg
Total Carbohydrate	6.41 g	37.16 %		Magnesium	14.73 mg	Vitamin B12	0.06 µg
Sugars	2.31 g	-0.79 %		Iodine	0.00 µg	Folate	0.00 µg
Sugar	0.00 g			Selenium	5.06 µg	Vitamin C	5.32 mg
Lactose	0.00 g			Copper	0.09 mg	Vitamin E	0.38 mg
Fiber	1.28 g	3.48 %				Vitamin K	24.17 µg
Organic acids	0.00 g	0.00 %				Others	
Sugar alcohol	0.00 g	0.00 %				Water	90.00 g
Starch	0.16 g	0.92 %					
Protein	3.41 g	19.79 %					
Alcohol	0.00 g	0.00 %					