

Chicken and Butternut Squash Power Bowl - 1873

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	8.59 oz

1 SAUCE

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
~ 1 tbsp	0 lb 0.22 oz	0%	0 lb 0.22 oz	Ginger root, raw	In a small saucepan, add soy sauce, sesame oil, scallions, ginger, lime zest, corn starch, and agave nectar. Heat on low, and cook for 2 minutes. Remove from heat and set aside.
~ 3 1/4 cup	1 lb 15.75 oz	0%	1 lb 15.75 oz	Soy sauce made from soy (tamari)	
6 1/4 tsp	0 lb 1.00 oz	0%	0 lb 1.00 oz	Oil, sesame	
3.1 ea	0 lb 0.66 oz	0%	0 lb 0.66 oz	Lime zest	
18 3/4 tbsp	0 lb 12.66 oz	0%	0 lb 12.66 oz	Agave syrup	
6 1/4 tsp	0 lb 0.59 oz	0%	0 lb 0.59 oz	Cornstarch	

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
25 tbsp	0 lb 12.02 oz	0%	0 lb 12.02 oz	Vegetable oil	Add 2 Tablespoons of vegetable oil in to a large skillet, on medium heat. Add butternut squash, onions, salt, and pepper, and cook for 10 minutes, or until squash starts to soften. Next, add chickpeas and beet greens, and cook for an additional 4 minutes. Remove from heat and aside.
~ 1 1/2 qt	1 lb 12.75 oz	0%	1 lb 12.75 oz	Squash, winter, butternut, raw	
~ 1 1/2 pt	0 lb 13.91 oz	0%	0 lb 13.91 oz	Onions, raw, diced	
~ 1 5/8 qt	2 lb 4.16 oz	0%	2 lb 4.16 oz	Garbanzo beans	
3 1/8 qt	1 lb 0.76 oz	0%	1 lb 0.76 oz	Beet greens, raw	
9 3/8 tsp	0 lb 0.92 oz	0%	0 lb 0.92 oz	Salt, kosher, Diamond Crystal	
6 1/4 tsp	0 lb 0.50 oz	0%	0 lb 0.50 oz	Spices, pepper, black	

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
	3 lb 2.00 oz	0%	3 lb 2.00 oz	Hungry Planet Diced Grilled Chicken	Add 1 teaspoon of sesame oil, and 2 Tablespoons of vegetable oil to a medium-sized skillet, on medium heat. Add your Hungry Planet Diced and Grilled Chicken and cook until the chicken is golden brown and the internal temperature reaches 165 degrees, about 4 to 5 minutes. . Remove from heat.

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
~ 1 1/2 cup	0 lb 8.28 oz	0%	0 lb 8.28 oz	Peanuts, all types, dry-roasted, with salt	To assemble, add 1/2 cup of quinoa into 4 separate bowls, top with butternut squash mixture, then chicken, drizzle with sauce to taste, and garnish with cilantro and peanuts.
19 tbsp	0 lb 0.66 oz	0%	0 lb 0.66 oz	Cilantro, fresh, chopped	
	0.00 lb	0%	0.00 lb	Quinoa, cooked	

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	13 lb 6.81 oz	0 %	13 lb 6.81 oz	0 %	13 lb 6.81 oz
Size of portion	8.59 oz		8.59 oz		8.59 oz

ADDITIONAL INFO

-

MEMO

-

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		RDI	% of energy	Calories	RDI	Minerals		RDI	Vitamins		RDI
Total fat	9.35 g	12 %	49.90 %	165.61 kcal	8 %	Salt	2.87 g		Vitamin A	97.59 µg	11 %
Saturated	0.82 g	4 %	4.40 %	692.92 kJ		Salt	2.87 %		Vitamin D	0.00 µg	0 %
Monounsaturated	4.83 g		25.77 %			Sodium	1,145.47 mg	50 %	Thiamine	0.05 mg	4 %
Polyunsaturated	2.33 g		12.43 %			Phosphorus	57.65 mg	5 %	Riboflavin	0.07 mg	5 %
Trans fatty acids	0.02 g		0.13 %			Potassium	262.21 mg	6 %	Niacin	1.41 mg	9 %
Cholesterol	0.00 mg	0 %				Iron	1.33 mg	7 %	Vitamin B6	0.12 mg	7 %
Linolenic acid	1.80 g		9.62 %			Calcium	41.52 mg	3 %	Vitamin B12	0.00 µg	0 %
Alpha-linolenic acid	512.38 mg		2.74 %			Zinc	0.34 mg	3 %	Folate	0.00 µg	0 %
Total Carbohydrate	14.31 g	5 %	35.11 %			Magnesium	28.40 mg	7 %	Vitamin C	6.74 mg	7 %
Sugars total	5.74 g	11 %				Iodine	0.00 µg	0 %	Vitamin E	1.60 mg	11 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	1.29 µg	2 %	Vitamin K	38.65 µg	32 %
Lactose	0.00 g					Copper	0.11 mg	12 %			
Fiber	2.89 g	10 %	3.33 %						Others		
Organic acids	0.00 g		0.00 %						Water		47.26 g
Sugar alcohol	0.00 g		0.00 %								
Starch	0.17 g		0.42 %								
Protein	7.60 g	15 %	18.64 %								
Alcohol	0.00 g		0.00 %								

CO2



0.09 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.