

Italian Meatball and Chard Deep Dish Pizza - 1874

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	14.67 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient
1	50.0 ea		3 lb 2.00 oz	0%	3 lb 2.00 oz Hungry Planet Italian Sausage Meatball™
	15 2/3 tbsp		0 lb 7.44 oz	0%	0 lb 7.44 oz Olive oil, extra virgin
	~ 1 1/2 cup		0 lb 6.95 oz	0%	0 lb 6.95 oz Onions, raw, diced
			1 lb 2.75 oz	0%	1 lb 2.75 oz Mushrooms, portabella, raw
	~ 1 5/8 qt		0 lb 7.94 oz	0%	0 lb 7.94 oz Chard, swiss, raw
	6 1/4 tsp		0 lb 0.35 oz	0%	0 lb 0.35 oz Red pepper flakes
	6 1/4 tsp		0 lb 0.50 oz	0%	0 lb 0.50 oz Spices, fennel seed
	12 1/2 tsp		0 lb 0.73 oz	0%	0 lb 0.73 oz Spices, basil, dried, ground

PIZZA FILLINGS

Pre-heat oven to 425 degrees.

Add 1 tablespoon of oil into a medium-sized skillet on medium-high heat. Add Hungry Planet Meatballs and cook for 6 minutes, or until meatballs start to brown. Remove from pan, cut in half, and set aside.

In the same skillet, add 1 1/2 tablespoons of oil, and place on medium heat. Add onions, mushrooms, and Swiss chard, red pepper flakes, fennel seeds, and basil. Cook vegetables for 5 minutes and remove from heat. Set aside and let cool.

2 DOUGH

	Capacity measure	EP	Trim loss	AP	Name of ingredient
	~ 1 1/8 qt		2 lb 5.50 oz	0%	2 lb 5.50 oz Water
	~ 1/3 cup		0 lb 2.20 oz	0%	0 lb 2.20 oz Leavening agents, yeast, baker's, active dry
	~ 1 5/8 tsp		0 lb 0.23 oz	0%	0 lb 0.23 oz Sugars, granulated
	2 3/4 qt		3 lb 2.16 oz	0%	3 lb 2.16 oz Wheat flour, white, all-purpose, unenriched
	~ 1 1/2 cup		0 lb 9.20 oz	0%	0 lb 9.20 oz Semolina, enriched
	12 1/2 tsp		0 lb 1.98 oz	0%	0 lb 1.98 oz Oil, olive
	~ 1 1/2 tsp		0 lb 0.15 oz	0%	0 lb 0.15 oz Salt, kosher, Diamond Crystal

DEEP DISH DOUGH

In a large bowl, mix warm water, yeast, and sugar and let sit for a few minutes, or until yeast starts to make bubbles. Add 3/4 cups flour, salt, semolina flour, and oil and mix well with a spoon. Sprinkle the table with a few teaspoons of flour to ensure the dough doesn't stick to the counter and remove dough from the bowl. Knead for 1 minute to make a soft dough and pliable. Place the dough back into the bowl, and cover plastic wrap. Set dough in a warm place for 15 minutes to proof.

Spread the dough in an 8 or 9-inch springform pan making sure to spread some of the dough above the rim. *Feel free to oil your hands a bit if the dough starts to stick to them.

Once the dough is in the pan, start to assemble.

Sprinkle 1/2 cup of mozzarella onto the base of the crust, then alternate layers, between sauce, vegetables, meatballs, and cheese. Finish by topping off the pizza with the remaining sauce.

Place pizza in the oven and cook for 30-35 minutes. Remove from oven and let cool for at least 10 minutes. Garnish your favorite pizza garnishes like crushed red pepper flakes, fresh basil, or vegan grated parmesan.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
3	3 1/8 qt		6 lb 14.23 oz	0%	6 lb 14.23 oz Sauce, pasta, spaghetti/marinara, ready-to-serve
	~ 4 qt		3 lb 14.50 oz	0%	3 lb 14.50 oz Vegan mozzarella cheese, shredded

Sprinkle 1/2 cup of mozzarella onto the base of the crust, then alternate layers, between sauce, vegetables, meatballs, and cheese. Finish by topping off the pizza with the remaining sauce.

Place pizza in the oven and cook for 30-35 minutes. Remove from oven and let cool for at least 10 minutes. Garnish your favorite pizza garnishes like crushed red pepper flakes, fresh basil, or vegan grated parmesan.

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	22 lb 14.82 oz	0 %	22 lb 14.82 oz	0 %	22 lb 14.82 oz
Size of portion	14.67 oz		14.67 oz		14.67 oz

ADDITIONAL INFO

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MEMO

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NUTRITION INFORMATION

supply / 100 g

Energy nutritives	RDI	% of energy	Calories	RDI	Minerals	RDI	Vitamins	RDI			
Total fat	7.37 g	9 %	38.74 %	168.15 kcal	8 %	Salt	0.94 g				
Saturated	2.51 g	13 %	13.18 %	703.53 kJ		Salt	0.94 %	Vitamin A	16.02 µg	2 %	
Monounsaturated	2.02 g		10.64 %			Sodium	374.20 mg	16 %	Vitamin D	0.02 µg	0 %
Polyunsaturated	0.55 g		2.89 %			Phosphorus	40.50 mg	3 %	Thiamine	0.11 mg	9 %
Trans fatty acids	0.00 g		0.02 %			Potassium	237.23 mg	5 %	Riboflavin	0.07 mg	5 %
Cholesterol	0.60 mg	0 %				Iron	1.26 mg	7 %	Niacin	2.00 mg	12 %
Linolenic acid	0.50 g		2.64 %			Calcium	175.55 mg	14 %	Vitamin B6	0.08 mg	5 %
Alpha-linolenic acid	25.23 mg		0.13 %			Zinc	0.29 mg	3 %	Vitamin B12	0.00 µg	0 %
Total Carbohydrate	20.09 g	7 %	48.56 %			Magnesium	13.80 mg	3 %	Folate	2.79 µg	1 %
Sugars total	1.81 g	4 %				Iodine	0.00 µg	0 %	Vitamin C	1.42 mg	2 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	8.33 µg	15 %	Vitamin E	1.17 mg	8 %
Lactose	0.00 g					Copper	0.08 mg	9 %	Vitamin K	27.15 µg	23 %
Fiber	2.25 g	8 %	2.56 %								
Organic acids	0.00 g		0.00 %								
Sugar alcohol	0.00 g		0.00 %								
Starch	0.00 g		0.00 %						Others		
Protein	4.94 g	10 %	11.95 %						Water		47.08 g
Alcohol	0.00 g		0.00 %								

CO2



0.08 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.