Hungry Planet Smash Burgers

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	12.06 oz

	Name of ingredient	Capacity measure	EP	Methods
1	Hungry Planet Beef™		9 lb 6.00 oz	Combine Hungry Planet Ground Beef, salt and steak seasoning. Mix, until well combined. Portion into 3 oz balls. To shape beef patties, press between parchment paper. until patties are 1/4 of an inch thick and about 3.5 inches wide. Refrigerator until ready to use.
	Salt, kosher, Diamond Crystal	~ 2 tbsp	0 lb 0.61 oz	
	Seasoning, Montreal steak	~ 1/4 cup	0 lb 1.32 oz	
	Oil, canola	~ 1 1/4 cup	0 lb 9.02 oz	

	Name of ingredient	Capacity measure	EP	Methods
2				Cook smash burgers on an oiled, medium high griddle for 2 minutes each side. Top with vegan cheddar cheese.

	Name of ingredient	Capacity measure	EP	Methods
3	Hamburger buns	25.0 ea	2 lb 12.09 oz	To serve, Top bun with lettuce leaf. Top with 2 smash burgers. Top with a tomato slice, pickles, and 1 tablespoon of ketchup and mustard.
	Lettuce, Butter	6.2 ea	2 lb 3.63 oz	
	Tomato slices	25.0 ea	1 lb 1.64 oz	
	Pickles, dill, sliced	~ 1 1/2 pt	1 lb 1.09 oz	
	Ketchup	~ 1 1/2 cup	0 lb 12.50 oz	
	Mustard, prepared, yellow	~ 1 1/2 cup	0 lb 13.72 oz	

ALLERGENS

SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	18 lb 13.62 oz	0 %	18 lb 13.62 oz	0 %	18 lb 13.62 oz
Size of portion	12.06 oz		12.06 oz		12.06 oz

ADDITIONAL INFO

-

MEMO

-

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		RDI	% of energy
Total fat	5.14 g	7 %	31.79 %
Saturated	0.33 g	2 %	2.07 %
Monounsaturated	2.08 g		12.88 %
Polyunsaturated	1.12 g		6.91 %
Trans fatty acids	0.02 g		0.10 %
Cholesterol	0.00 mg	0 %	
Linolenic acid	0.80 g		4.95 %
Alpha-linolenic acid	314.58 mg		1.95 %
Total Carbohydrate	12.83 g	5 %	36.47 %
Sugars total	1.91 g	4 %	
Added sugar	0.00 g	0 %	0.00 %
Lactose	0.00 g		
Fiber	4.64 g	17 %	6.20 %
Organic acids	0.00 g		0.00 %
Sugar alcohol	0.00 g		0.00 %
Starch	5.46 g		15.53 %
Protein	11.50 g	23 %	32.70 %
Alcohol	0.00 g		0.00 %

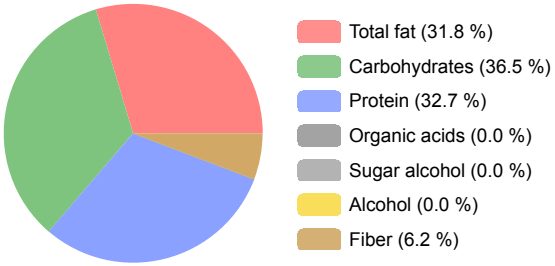
Calories	RDI
142.93 kcal	7 %
598.04 kJ	

Minerals		RDI
Salt	0.87 g	
Salt	0.87 %	
Sodium	347.79 mg	15 %
Phosphorus	21.72 mg	2 %
Potassium	349.24 mg	7 %
Iron	2.07 mg	12 %
Calcium	89.33 mg	7 %
Zinc	0.15 mg	1 %
Magnesium	6.73 mg	2 %
Iodine	0.00 µg	0 %
Selenium	4.77 µg	9 %
Copper	0.03 mg	3 %

Vitamins		RDI
Vitamin A	3.76 µg	0 %
Vitamin D	0.00 µg	0 %
Thiamine	0.09 mg	8 %
Riboflavin	0.05 mg	4 %
Niacin	0.82 mg	5 %
Vitamin B6	0.03 mg	2 %
Vitamin B12	0.00 µg	0 %
Folate	12.57 µg	3 %
Vitamin C	0.98 mg	1 %
Vitamin E	0.66 mg	4 %
Vitamin K	2.81 µg	2 %

Others	
Water	17.50 g

PERCENTAGE OF ENERGY



CO2

0.15 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.