

Hungry Planet Smash Burgers - 1789

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	12.08 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
1				9 lb 6.00 oz	Hungry Planet Beef™	<p>In a large bowl, combine Hungry Planet Ground Beef, salt, black pepper, blackening spice, and vegan bacon flavoring. Mix, until well combined. Once mixed, separate beef into 8- 3 oz balls. To shape beef patties, oil two small pieces of parchment paper. Place meatballs in between two 4 inch by 4 inch pieces of lightly oil parchment paper. Next, gently, and evenly press down to form thin patty. Each patty should be about 1/4 of an inch thick and about 3.5 inches wide. Once all 8 patties are formed, place patties onto a plate , and place into the refrigerator for about 10 minutes or until ready to use.</p> <p>Heat a large frying pan, with about 1 Tablespoon of oil in it, on medium-high heat. Once oil temperature reaches 350 degrees, fry each patty, until golden brown on each side, about 2-3 minutes per side. Internal temperature should reach 160 degrees. Repeat with remaining patties, adding oil as necessary</p>		
	6 1/4 tsp		0%	0 lb 0.61 oz	Salt, kosher, Diamond Crystal			
	6 1/4 tsp		0%	0 lb 0.27 oz	Spices, poultry seasoning			
	~ 1/4 cup		0%	0 lb 1.32 oz	Seasoning, Montreal steak			
	18 3/4 tbsp		0%	0 lb 9.02 oz	Oil, canola			

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
2	25.0 ea		0%	2 lb 12.09 oz	Hamburger buns	<p>To serve, place 2 Hungry Planet Smash Burger patties on to bun, and top 1 piece of lettuce, a tomato slice, pickles, and 1 Tablespoon of ketchup and mustard on each.</p>		
	6.2 ea		0%	2 lb 3.62 oz	Lettuce, Butter			
	25.0 ea		0%	1 lb 1.64 oz	Tomato slices			
	~ 1 1/2 pt		0%	1 lb 1.09 oz	Pickles, dill, sliced			
	25 tbsp		0%	0 lb 12.50 oz	Ketchup			
	25 tbsp		0%	0 lb 13.72 oz	Mustard, prepared, yellow			

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	18 lb 13.89 oz	0 %	18 lb 13.89 oz	0 %	18 lb 13.89 oz
Size of portion	12.08 oz		12.08 oz		12.08 oz

ADDITIONAL INFO

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MEMO

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COSTS

	Ingredients	Other costs	Total
Total price	\$0.00	\$0.00	\$0.00
Price / lb	\$0.00	\$0.00	\$0.00
Price per ptn	\$0.00	\$0.00	\$0.00

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	RI	Calories	RI	Minerals		RI		
Total fat	5.14 g	31.77 %	7 %	143.08 kcal	7 %	Salt	0.87 g	14 %		
Saturated	0.34 g	2.08 %	2 %	598.66 kJ		Salt	0.87 %		Vitamins	
Monounsaturated	2.08 g	12.87 %		0.60 MJ		Sodium	347.50 mg		Vitamin A	3.88 µg
Polyunsaturated	1.12 g	6.91 %				Phosphorus	21.86 mg		Vitamin D	0.00 µg
Trans	0.02 g	0.10 %				Potassium	349.54 mg		Thiamine	0.09 mg
Cholesterol	0.00 mg					Iron	2.10 mg		Riboflavin	0.05 mg
Linolenic acid	0.80 g					Calcium	90.14 mg		Niacin	0.82 mg
Alpha-linolenic acid	314.30 mg					Zinc	0.16 mg		Vitamin B6	0.03 mg
Total Carbohydrate	12.88 g	36.57 %	5 %			Magnesium	6.93 mg		Vitamin B12	0.00 µg
Sugars	1.91 g	-0.32 %	2 %			Iodine	0.00 µg		Folate	12.56 µg
Sugar	0.00 g					Selenium	4.77 µg		Vitamin C	0.99 mg
Lactose	0.00 g					Copper	0.03 mg		Vitamin E	0.66 mg
Fiber	4.64 g	6.21 %							Vitamin K	3.54 µg
Organic acids	0.00 g	0.00 %								
Sugar alcohol	0.00 g	0.00 %							Others	
Starch	5.46 g	15.50 %							Water	17.49 g
Protein	11.50 g	32.66 %	23 %							
Alcohol	0.00 g	0.00 %								

CO2



0.14 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.