

Hungry Planet Toasted Ravs - 1943

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	12.11 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 1/8 qt		3 lb 9.32 oz	0%	3 lb 9.32 oz	Wheat flour, white, all-purpose, unenriched
	6 1/4 tsp		0 lb 0.61 oz	0%	0 lb 0.61 oz	Salt, kosher, Diamond Crystal
	12 1/2 tbsp		0 lb 5.95 oz	0%	0 lb 5.95 oz	Olive oil, extra virgin
	4 2/3 cup		2 lb 7.15 oz	0%	2 lb 7.15 oz	water

DOUGH

Fill fryer or medium-sized pot with oil, and heat to 350 degrees.
To make the dough, add all ingredients into a medium bowl and knead for 5 minutes. Set aside, cover, and let rest for 10 minutes.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	6 1/4 tsp		0 lb 0.99 oz	0%	0 lb 0.99 oz	Olive oil, extra virgin
	3 1/8 qt		6 lb 14.23 oz	0%	6 lb 14.23 oz	Sauce, pasta, spaghetti/marinara, ready-to-serve
	9 3/8 tsp		0 lb 0.53 oz	0%	0 lb 0.53 oz	Red pepper flakes
	6 1/4 tbsp		0 lb 2.98 oz	0%	0 lb 2.98 oz	Olive oil, extra virgin
			2 lb 5.50 oz	0%	2 lb 5.50 oz	Hungry Planet Italian Sausage™
	6 1/4 tsp		0 lb 0.61 oz	0%	0 lb 0.61 oz	Salt, kosher, Diamond Crystal
	3 1/8 tsp		0 lb 0.25 oz	0%	0 lb 0.25 oz	Spices, pepper, black
	~ 1 1/2 pt		0 lb 10.94 oz	0%	0 lb 10.94 oz	Vegan parmesan, dry, grated

FILLING

Add 1 teaspoon of olive into a medium sauce and heat on medium-low heat. When hot, add crushed red pepper flakes and marinara. Cook for 2 minutes, and season to taste. Remove from heat and set aside.
Using the same pan, add 1 tablespoon of olive oil, and heat on medium. When hot, add Hungry Planet Italian sausage, salt, and pepper. Break the sausage up with a spatula or wooden spoon and cook until sausage is browned and internal temperature reaches 165 degrees. Once cooked, add 1 cup of spicy marinara and stir. Remove from heat and place mixture into a medium bowl. Let mixture cool for 10 minutes.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	~ 1 5/8 qt		0 lb 7.50 oz	0%	0 lb 7.50 oz	Bread crumbs, Italian seasoned
	6 1/4 tbsp		0 lb 0.70 oz	0%	0 lb 0.70 oz	Parsley, Italian, fresh, chopped
	~ 1 5/8 qt		1 lb 11.56 oz	0%	1 lb 11.56 oz	Vegan egg, Just brand

ASSEMBLY

Lightly flour your surface, and place dough on top. Lightly dust the top of your dough and roll out until your dough is about an ? of an inch thick. Cut out rounds using a 3-inch cookie cutter until you have 12 rounds. Place equal portions of meat and marinara mixture onto rounds on one side, and top with parmesan cheese. Lightly, brush opposite side of filled dough with vegan egg, and fold over to seal the dough. Lightly press on the edges with a fork to make sure, the ravioli is sealed along the edge, and set aside on a plate. Continue this process until all 12 ravioli are done.

Next, place the rest of the vegan egg into a small baking dish. Add breadcrumbs into a different small baking dish, along with chopped parsley. Dip ravioli in vegan egg, making sure to cover both sides, Then, dip them into the breadcrumbs, covering them evenly, and set aside. Place breaded ravioli into the freezer for 5 minutes, or until ready to use.

When cold, add ravioli into the preheated fryer and cook until golden brown and internal temperature reaches 165 degrees. Remove from oil and place on paper towels to drain.

Serve with leftover marinara and freshly basil or parsley.

*** To save time, feel free to use premade vegan pasta dough, and follow sets 2 through 9.

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	18 lb 14.82 oz	0 %	18 lb 14.82 oz	0 %	18 lb 14.82 oz
Size of portion	12.11 oz		12.11 oz		12.11 oz

ADDITIONAL INFO

-

MEMO

-

NUTRITION INFORMATION

supply / 100 g

Energy nutritives	RDI	% of energy	Calories	RDI	Minerals	RDI	Vitamins	RDI
Total fat	5.27 g	7 %	29.75 %	156.54 kcal	8 %	Salt	1.16 g	
Saturated	1.18 g	6 %	6.66 %	654.97 kJ		Salt	1.16 %	
Monounsaturated	2.55 g		14.39 %			Sodium	464.12 mg	20 %
Polyunsaturated	0.72 g		4.09 %			Phosphorus	44.02 mg	4 %
Trans fatty acids	0.00 g		0.02 %			Potassium	229.91 mg	5 %
Cholesterol	0.75 mg	0 %				Iron	1.26 mg	7 %
Linolenic acid	0.66 g		3.73 %			Calcium	38.27 mg	3 %
Alpha-linolenic acid	29.97 mg		0.17 %			Zinc	0.34 mg	3 %
Total Carbohydrate	21.12 g	8 %	54.81 %			Magnesium	13.61 mg	3 %
Sugars total	2.16 g	4 %				Iodine	0.00 µg	0 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	11.30 µg	21 %
Lactose	0.00 g					Copper	0.07 mg	8 %
Fiber	2.06 g	7 %	2.51 %					
Organic acids	0.00 g		0.00 %					
Sugar alcohol	0.00 g		0.00 %					
Starch	1.36 g		3.53 %					
Protein	5.84 g	12 %	15.16 %					
Alcohol	0.00 g		0.00 %					
							Others	
							Water	55.45 g

CO2



0.06 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.