

Pork Meatballs with Apple, Fennel and Onion - 1927

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	12.47 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1				6 lb 4.00 oz	Hungry Planet Pork™	1. In a medium mixing bowl, combine Hungry Planet ground Pork, onions, sage, fennel seeds, parsley, garlic powder, mustard, salt, and pepper. Once thoroughly mixed, make 16, .5 oz sized meatballs. Once formed, set aside and heat a large non-stick skillet over medium heat. Add 2 Tablespoons of olive oil into the skillet. When hot, add meatballs and brown on all sides. Cook meatballs until internal temperature reaches 165 degrees, about 4-6 minutes. Set aside until ready to use.
	1.6 ea		0 lb 6.25 oz	0 lb 6.25 oz	Onions, yellow, minced	
	~ 1/3 cup		0 lb 0.50 oz	0 lb 0.50 oz	Sage, fresh, chopped	
	9 3/8 tsp		0 lb 0.74 oz	0 lb 0.74 oz	Spices, fennel seed	
	6 1/4 tbsp		0 lb 0.70 oz	0 lb 0.70 oz	Parsley, Italian, fresh, chopped	
	6 1/4 tsp		0 lb 0.48 oz	0 lb 0.48 oz	Spices, garlic powder	
	6 1/4 tbsp		0 lb 3.13 oz	0 lb 3.13 oz	Mustard, dijon or stone ground	
	6 1/4 tsp		0 lb 0.50 oz	0 lb 0.50 oz	Spices, black pepper, ground	
	6 1/4 tsp		0 lb 1.34 oz	0 lb 1.34 oz	Salt, table	
	12 1/2 tbsp		0 lb 5.95 oz	0 lb 5.95 oz	Olive oil, extra virgin	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	12 1/2 tbsp		0 lb 5.95 oz	0 lb 5.95 oz	Olive oil, extra virgin	2. In the same skillet, add 2 tablespoons of olive oil and heat on medium heat. Add onions, and fennel and cook for 4 minutes. Add apples, and garlic and cook an additional 4 minutes. Next, add mustard, jam, madeira, broth, salt and pepper. Cover with lid and cook mixture on medium-low for another 5 minutes, and sauce has reduced by half, stirring occasionally. Once, reduced, finish with lemon juice and season to taste. Add meatballs, toss in apple and fennel mixture. Remove from heat, finish with fennel fronds and serve.
	6.2 ea		4 lb 8.97 oz	4 lb 8.97 oz	Onion, sweet, thinly sliced	
	1.9 ea		0 lb 15.48 oz	0 lb 15.48 oz	Fennel, bulb, raw	
	6 1/4 tsp		0 lb 0.66 oz	0 lb 0.66 oz	Garlic, raw, chopped	
	2 1/3 qt		2 lb 9.72 oz	2 lb 9.72 oz	Apples, raw, granny smith or honey crisp, sliced	
	~ 1 1/2 cup		0 lb 12.96 oz	0 lb 12.96 oz	Alcoholic beverage, wine, Madeira or Sherry	
	9 1/3 tbsp		0 lb 4.69 oz	0 lb 4.69 oz	Mustard, dijon	
			0 lb 6.25 oz	0 lb 6.25 oz	Jams and preserves	
	~ 1 1/2 pt		1 lb 8.36 oz	1 lb 8.36 oz	Broth, Chicken, vegan, ready to serve	
	6 1/4 tsp		0 lb 1.34 oz	0 lb 1.34 oz	Salt, table	
	6 1/4 tsp		0 lb 0.50 oz	0 lb 0.50 oz	Spices, black pepper, ground	
	12 1/2 tsp		0 lb 2.16 oz	0 lb 2.16 oz	Lemon juice, raw	
	0.4 ea		0 lb 3.13 oz	0 lb 3.13 oz	Fennel, fronds, raw, tips only	

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	19 lb 7.76 oz	0 %	19 lb 7.76 oz	0 %	19 lb 7.76 oz
Size of portion	12.47 oz		12.47 oz		12.47 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	4.99 g	6 %	39.86 %	110.64 kcal	6 %	Salt	1.17 g		Vitamin A	6.32 µg	1 %
Saturated	0.56 g	3 %	4.46 %	462.93 kJ		Salt	1.17 %		Vitamin D	0.00 µg	0 %
Monounsaturated	2.88 g		22.99 %			Sodium	467.20 mg	20 %	Thiamine	0.03 mg	2 %
Polyunsaturated	0.44 g		3.56 %			Phosphorus	18.81 mg	2 %	Riboflavin	0.02 mg	2 %
Trans fatty acids	0.00 g		0.00 %			Potassium	214.55 mg	5 %	Niacin	0.14 mg	1 %
Cholesterol	0.00 mg	0 %				Iron	0.87 mg	5 %	Vitamin B6	0.05 mg	3 %
Linolenic acid	0.40 g		3.21 %			Calcium	33.33 mg	3 %	Vitamin B12	0.00 µg	0 %
Alpha-linolenic acid	9.91 mg		0.08 %			Zinc	0.11 mg	1 %	Folate	0.00 µg	0 %
Total Carbohydrate	9.96 g	4 %	36.58 %			Magnesium	7.88 mg	2 %	Vitamin C	3.71 mg	4 %
Sugars total	3.73 g	7 %				Iodine	0.00 µg	0 %	Vitamin E	0.63 mg	4 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	1.15 µg	2 %	Vitamin K	13.52 µg	11 %
Lactose	0.00 g					Copper	0.03 mg	3 %			
Fiber	3.25 g	12 %	5.61 %						Others		
Organic acids	0.00 g		0.00 %						Water		54.70 g
Sugar alcohol	0.00 g		0.00 %								
Starch	0.02 g		0.08 %								
Protein	6.77 g	14 %	24.87 %								
Alcohol	0.14 g		0.86 %								

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.