

Italian Sausage Egg Bites - 1937

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	4.55 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 1/4 tbsp	0 lb 3.09 oz	0%	0 lb 3.09 oz	Vegan butter	Pre-heat oven to 350 degrees. Add 1 Tablespoon of butter into a small skillet over medium heat. Once hot, add Hungry Planet Italian Sausage. Stir, while breaking the sausage up into pieces. Cook until golden brown and temperature reaches 165 degrees. Remove from heat and set aside to cool for 2 minutes.
		1 lb 2.75 oz	0%	1 lb 2.75 oz	Hungry Planet Italian Sausage™	
	6 1/4 tsp	0 lb 0.50 oz	0%	0 lb 0.50 oz	Spices, pepper, black	
		0.00 lb	0%	0.00 lb	Oil, canola	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1.063 gal	4 lb 11.00 oz	0%	4 lb 11.00 oz	Vegan egg, Just brand	In a medium bowl, add Just Egg, shredded cheese, green onion, cooked sausage, salt, and pepper. Stir to combine. Lightly oil a silicone mold, or small muffin pan, big enough to hold at least 2.5 oz of liquid. Place mold or muffin pan on top of a baking sheet and pour 2 oz of the mixture into each compartment. Place in the oven and cook for 10 to 12 minutes or until the tops of egg bites are lightly browned, and centers are baked. You can check this by poking the middle with a toothpick. If it comes out clean it's done. Let egg bites rest for 1 minute before removing from molds. *Feel free to substitute Hungry Planet Ground Chorizo, Beef, or Chicken for the Italian Sausage in this recipe for variations on a classic.
	~ 1 1/2 pt	0 lb 12.50 oz	0%	0 lb 12.50 oz	Vegan cheddar cheese, shredded	
	12 1/2 tbsp	0 lb 1.96 oz	0%	0 lb 1.96 oz	Green onions, tops only, chopped	
	9 3/8 tsp	0 lb 2.01 oz	0%	0 lb 2.01 oz	Salt, table	

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	7 lb 1.80 oz	0 %	7 lb 1.80 oz	0 %	7 lb 1.80 oz
Size of portion	4.55 oz		4.55 oz		4.55 oz

ADDITIONAL INFO

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MEMO

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NUTRITION INFORMATION

supply / 100 g

Energy nutritives		RDI	% of energy
Total fat	5.26 g	7 %	44.13 %
Saturated	2.90 g	14 %	24.31 %
Monounsaturated	0.97 g		8.16 %
Polyunsaturated	0.49 g		4.11 %
Trans fatty acids	0.00 g		0.00 %
Cholesterol	0.00 mg	0 %	
Linolenic acid	0.00 g		0.03 %
Alpha-linolenic acid	1.02 mg		0.01 %
Total Carbohydrate	5.21 g	2 %	20.10 %
Sugars total	1.39 g	3 %	
Added sugar	0.00 g	0 %	0.00 %
Lactose	0.00 g		
Fiber	1.13 g	4 %	2.05 %
Organic acids	0.00 g		0.00 %
Sugar alcohol	0.00 g		0.00 %
Starch	0.00 g		0.00 %
Protein	9.45 g	19 %	36.47 %
Alcohol	0.00 g		0.00 %

Calories	RDI
105.31 kcal	5 %
440.60 kJ	

Minerals		RDI
Salt	2.31 g	
Salt	2.31 %	
Sodium	923.20 mg	40 %
Phosphorus	48.57 mg	4 %
Potassium	236.37 mg	5 %
Iron	1.94 mg	11 %
Calcium	69.48 mg	5 %
Zinc	0.66 mg	6 %
Magnesium	10.92 mg	3 %
Iodine	0.00 µg	0 %
Selenium	27.25 µg	50 %
Copper	0.02 mg	2 %

Vitamins		RDI
Vitamin A	10.81 µg	1 %
Vitamin D	1.05 µg	5 %
Thiamine	0.08 mg	7 %
Riboflavin	0.26 mg	20 %
Niacin	0.10 mg	1 %
Vitamin B6	0.09 mg	5 %
Vitamin B12	0.50 µg	21 %
Folate	0.00 µg	0 %
Vitamin C	0.56 mg	1 %
Vitamin E	1.06 mg	7 %
Vitamin K	3.53 µg	3 %

Others	
Water	58.98 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.