

Hungry Planet® Italian Sausage Pizza

Recipe group MAIN DISH	Additional name Hungry Planet	Diet factors	Portions 25	Portion size 8.28 oz
---------------------------	----------------------------------	--------------	----------------	-------------------------

Name of ingredient	Capacity measure	EP	Methods
1 <u>Pizza Dough</u> <i>Fresh or frozen pizza dough can be used.</i>		8 lb 10.57 oz	Building pizza: Roll dough into a 12" round. Place on baking sheet. Spread the sauce on top of the dough. Put the mozzarella on the sauce. Use the raw Hungry Planet Italian Sausage and drop by chunks on the mozzarella. Bake at a 450°F oven until cheese is melted and crust is golden brown.
Hungry Planet Italian Sausage™		1 lb 0.67 oz	
Sauce, pizza, canned, ready-to-serve <i>You can make or use canned sauce</i>	~ 1 pt	1 lb 2.52 oz	
Vegan mozzarella cheese, shredded	~ 2 1/8 qt	2 lb 1.33 oz	

ALLERGENS



SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	12 lb 15.09 oz	0 %	12 lb 15.09 oz	0 %	12 lb 15.09 oz
Size of portion	8.28 oz		8.28 oz		8.28 oz

NUTRITION INFORMATION

supply / 100 g

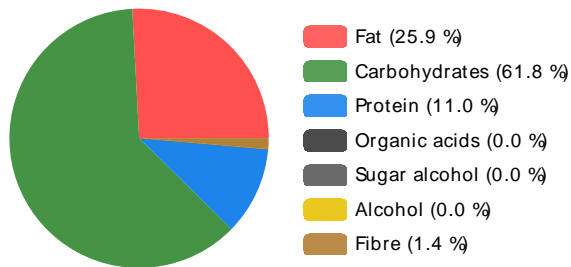
Energy nutritives		% of energy
Fat	6.85 g	25.96 %
Saturated	2.40 g	9.11 %
Monounsaturated	1.87 g	7.10 %
Polyunsaturated	0.55 g	2.07 %
Trans	0.00 g	0.00 %
Cholesterol	0.00 mg	
Linolenic acid	0.51 g	
Alpha-linolenic acid	0.00 mg	
Carbohydrate	35.60 g	62.00 %
Sugars	3.09 g	5.38 %
Sugar	0.00 g	
Lactose	0.00 g	
Fibre	1.69 g	1.38 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	0.00 g	0.00 %
Protein	6.34 g	11.04 %
Alcohol	0.00 g	0.00 %

Energy	Minerals
233.31 kcal	Salt 0.79 g
976.19 kJ	Salt 0.79 %
0.98 MJ	Sodium 504.46 mg
	Phosphorus 44.34 mg
	Potassium 127.19 mg
	Iron 0.75 mg
	Calcium 155.49 mg
	Zinc 0.38 mg
	Magnesium 12.68 mg
	Iodine 0.00 µg
	Selenium 15.43 µg
	Copper 0.09 mg

Vitamins	
Vitamin A	0.00 µg
Vitamin D	0.00 µg
Thiamine	0.08 mg
Riboflavin	0.04 mg
Niacin	0.66 mg
Vitamin B6	0.04 mg
Vitamin B12	0.00 µg
Folic acid	0.00 µg
Vitamin C	1.01 mg
Vitamin E	0.50 mg
Vitamin K	1.57 µg

Others	
Water	35.05 g

PERCENTAGE OF ENERGY



CO2



0.12 kg

Comparable CO2 emissions per 100 g.

Comparable values	
Snacks	0.30 kg
Main courses	0.42 kg
Desserts	0.19 kg

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.