

Hungry Planet Patty Melt (Renewed)

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	13.82 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	50.0 ea			3 lb 8.44 oz	Bread, rye	On a plate or cutting board, arrange the rye bread and place a slice of cheese on each piece of bread.
			0%	3 lb 2.00 oz	Cheese, swiss <i>Vegan Swiss Cheese Slices (e.g. Daiya)</i>	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	~ 1 cup			0 lb 6.17 oz	Vegan butter, Earth Balance	Heat the first amount of butter or vegetable oil in a large nonstick skillet over medium-high heat. When the oil is shimmering, add the burger patties and cook until browned. Flip and cook the other sides. Season with salt and pepper, if desired. Transfer each patty to a slice of bread and reduce the heat to medium.
	25.0 ea		0%	6 lb 4.00 oz	Hungry Planet Burger Patty™ Classic	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3				1 lb 10.10 oz	Beverages, water, tap, drinking	In the same skillet, add the second amount of butter or oil and a small amount of water. Add the sliced onions and a pinch of salt and pepper, and scrape up any stuck burger pieces from the bottom of the skillet. Cook, stirring occasionally, until the onions are golden brown, 10-15 minutes. If needed during cooking, add another small amount of water to prevent the onions from burning and to scrape up the fond.
	6.3 ea		0%	4 lb 8.97 oz	Onion, sweet	
			0%	0.00 lb	Salt, kosher, Diamond Crystal <i>To taste</i>	
			0%	0.00 lb	Spices, pepper, black <i>To taste</i>	
	~ 1/3 cup			0 lb 3.09 oz	Vegan butter, Earth Balance	

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4						When the onions are finished cooking, divide them evenly on top of the burger patties. Place the remaining bread/cheese slices on top.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	~ 1/3 cup	0 lb 3.09 oz	0%	0 lb 3.09 oz	Vegan butter, Earth Balance	Melt the final amount of butter in the skillet and transfer 2 patty melts to the skillet. Once one side is toasted golden brown, flip and toast the other side. Transfer to a cutting board when both sides are toasted and the cheese has melted. Repeat with the remaining patty melts.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	~ 1 1/2 pt	1 lb 11.56 oz	0%	1 lb 11.56 oz	Vegan 1000 island dressing <i>(optional, for dipping)</i>	Slice the patty melts on a diagonal and transfer to plates. Serve immediately with thousand island dressing on the side for dipping (optional).

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	21 lb 9.42 oz	0 %	21 lb 9.42 oz	0 %	21 lb 9.42 oz
Size of portion	13.82 oz		13.82 oz		13.82 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Calories	Minerals			
Total fat	5.91 g	35.30 %	148.15 kcal 619.89 kJ 0.62 MJ	Salt	0.48 g		
Saturated	2.75 g	16.42 %		Salt	0.48 %	Vitamins	
Monounsaturated	1.38 g	8.25 %	Sodium	190.43 mg	Vitamin A	41.69 µg	
Polyunsaturated	0.33 g	1.96 %	Phosphorus	109.64 mg	Vitamin D	0.00 µg	
Trans	0.14 g	0.86 %	Potassium	242.09 mg	Thiamine	0.08 mg	
Cholesterol	13.46 mg		Iron	1.37 mg	Riboflavin	0.11 mg	
Linolenic acid	0.28 g		Calcium	183.19 mg	Niacin	0.66 mg	
Alpha-linolenic acid	18.09 mg		Zinc	0.86 mg	Vitamin B6	0.05 mg	
Total Carbohydrate	12.39 g	33.98 %	Magnesium	13.50 mg	Vitamin B12	0.44 µg	
Sugars	1.52 g	-0.25 %	Iodine	0.00 µg	Folate	9.64 µg	
Sugar	0.00 g		Selenium	9.50 µg	Vitamin C	1.63 mg	
Lactose	0.00 g		Copper	0.05 mg	Vitamin E	0.14 mg	
Fiber	3.62 g	4.68 %			Vitamin K	0.48 µg	
Organic acids	0.00 g	0.00 %			Others		
Sugar alcohol	0.00 g	0.00 %			Water	37.92 g	
Starch	0.00 g	0.00 %					
Protein	11.31 g	31.03 %					
Alcohol	0.00 g	0.00 %					