

Ancho Chili Chicken Fajitas - 1856

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	57.85 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
1	12 1/2 tbsp		0 lb 5.95 oz	0%	0 lb 5.95 oz	Heat a large skillet, over medium-high heat. Add 2 Tablespoons of Olive to the skillet, and once hot, add mushrooms, and cook for 4 minutes, or until mushrooms start to brown. Next, add the bell peppers, and onions and cook for an additional 3 minutes. Finally, add the garlic, oregano, and 1 teaspoon of salt, and 1/2 teaspoon of black pepper, stir, and cook for 2 minutes. Remove from heat and set aside in a separate bowl.		
			1 lb 2.75 oz	0%	1 lb 2.75 oz			
	3.1 ea		0 lb 12.13 oz	0%	0 lb 12.13 oz			
	3 1/8 qt		4 lb 1.70 oz	0%	4 lb 1.70 oz			
	12 1/2 tsp		0 lb 1.32 oz	0%	0 lb 1.32 oz			
	6 1/4 tsp		0 lb 0.40 oz	0%	0 lb 0.40 oz			
	6 1/4 tsp		0 lb 0.61 oz	0%	0 lb 0.61 oz			
	3 1/8 tsp		0 lb 0.25 oz	0%	0 lb 0.25 oz			

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
2	9 1/3 tbsp		0 lb 4.51 oz	0%	0 lb 4.51 oz	Place the same skillet over medium heat and add 1.5 tablespoons of oil. Once hot, add Hungry Planet Chicken and cook for 2 minutes. After 2 minutes, add cumin, ancho chile and chipotle powders, and lime juice. Stir, and cook until chicken is browned and reaches an internal temperature of 165 degrees.		
			6 lb 4.00 oz	0%	6 lb 4.00 oz			
	12 1/2 tsp		0 lb 0.98 oz	0%	0 lb 0.98 oz			
	6 1/4 tsp		0 lb 0.39 oz	0%	0 lb 0.39 oz			
	12 1/2 tsp		0 lb 0.87 oz	0%	0 lb 0.87 oz			
	12 1/2 tsp		0 lb 2.22 oz	0%	0 lb 2.22 oz			

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
3	50.0 ea		73 lb 7.00 oz	0%	73 lb 7.00 oz	To assemble, spread out 8 tortillas and add 2 Tablespoons of guacamole to each one. Add equal amounts of chicken and veggies to each fajita and enjoy. Feel free to add your favorite salsa, fresh herbs, or vegan sour to elevate this easy and delicious meal.		
		~ 1 5/8 qt	3 lb 9.10 oz	0%	3 lb 9.10 oz			

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	90 lb 6.18 oz	0 %	90 lb 6.18 oz	0 %	90 lb 6.18 oz
Size of portion	57.85 oz		57.85 oz		57.85 oz

ADDITIONAL INFO

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MEMO

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COSTS

	Ingredients	Other costs	Total
Total price	\$0.00	\$0.00	\$0.00
Price / lb	\$0.00	\$0.00	\$0.00
Price per ptn	\$0.00	\$0.00	\$0.00

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	RI	Calories	RI	Minerals		RI	
Total fat	3.34 g	15.11 %	5 %	195.55 kcal	10 %	Salt	0.26 g	4 %	
Saturated	0.45 g	2.04 %	2 %	818.19 kJ		Salt	0.26 %		Vitamins
Monounsaturated	1.07 g	4.84 %		0.82 MJ		Sodium	106.69 mg		Vitamin A
Polyunsaturated	1.30 g	5.89 %				Phosphorus	260.11 mg		Vitamin D
Trans	0.00 g	0.01 %				Potassium	199.77 mg		Thiamine
Cholesterol	0.00 mg					Iron	1.23 mg		Riboflavin
Linolenic acid	1.24 g					Calcium	72.13 mg		Niacin
Alpha-linolenic acid	29.05 mg					Zinc	1.11 mg		Vitamin B6
Total Carbohydrate	37.55 g	78.02 %	14 %			Magnesium	60.48 mg		Vitamin B12
Sugars	1.14 g	-0.14 %	1 %			Iodine	0.00 µg		Folate
Sugar	0.00 g					Selenium	5.11 µg		Vitamin C
Lactose	0.00 g					Copper	0.13 mg		Vitamin E
Fiber	5.58 g	5.45 %							Vitamin K
Organic acids	0.00 g	0.00 %							
Sugar alcohol	0.00 g	0.00 %							Others
Starch	0.00 g	0.00 %							Water
Protein	5.85 g	12.15 %	12 %						47.12 g
Alcohol	0.00 g	0.00 %							

CO2



0.02 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.