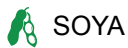


Red White and Blue Burgers

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	9.40 oz

Name of ingredient	Capacity measure	EP	Methods
1			Preheat gas or charcoal grill to 375 degrees.
Name of ingredient	Capacity measure	EP	Methods
2 Hungry Planet Burger Patty™ Classic	25.0 ea	6 lb 4.00 oz	Oil Hungry Planet Beef Patties and season with salt and pepper. Place patties on 375°F grill and cook for 3 minutes on both sides.
Oil, canola	~ 1 cup	0 lb 6.02 oz	
Salt, table	~ 1 tbsp	0 lb 0.67 oz	
Spices, pepper, black	~ 1 tbsp	0 lb 0.25 oz	
Name of ingredient	Capacity measure	EP	Methods
3 Sauce, barbecue	~ 1 1/2 cup	0 lb 15.38 oz	After burgers are cooked on both sides, lightly baste with smokey bbq sauce, and cook on each side for about 30 seconds. Remove from grill and assemble burgers.
Name of ingredient	Capacity measure	EP	Methods
4 Hamburger buns, toasted	25.0 ea	2 lb 12.09 oz	To assemble, place one pattie on each bun. Pour white bbq sauce on top, followed by the vegan blue cheese, lettuce, and tomato.
White BBQ Sauce		2 lb 5.07 oz	
Blue cheese dressing	~ 1 1/4 cup	0 lb 9.38 oz	
Lettuce, leaves	25.0 ea	0 lb 4.41 oz	
Tomato slices	25.0 ea	1 lb 1.64 oz	

ALLERGENS



SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	14 lb 10.89 oz	0 %	14 lb 10.89 oz	0 %	14 lb 10.89 oz
Size of portion	9.40 oz		9.40 oz		9.40 oz

ADDITIONAL INFO

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MEMO

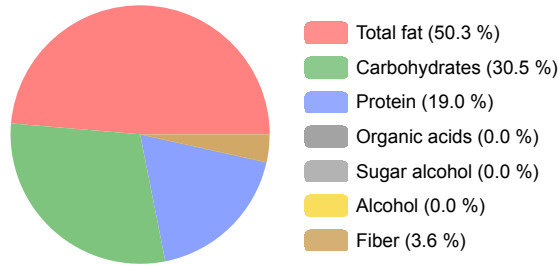
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NUTRITION INFORMATION

supply / 100 g

Energy nutritives	RDI	% of energy	Calories	RDI	Minerals	RDI	Vitamins			
Total fat	16 %	50.34 %	221.05 kcal	11 %	Salt	1.16 g				
Saturated	8 %	6.15 %	924.89 kJ		Salt	1.16 %				
Monounsaturated		13.41 %			Sodium	465.27 mg	20 %	Vitamin A	11.38 µg	1 %
Polyunsaturated		23.48 %			Phosphorus	22.95 mg	2 %	Vitamin D	0.00 µg	0 %
Trans fatty acids		0.06 %			Potassium	322.15 mg	7 %	Thiamine	0.11 mg	9 %
Cholesterol	0 %				Iron	2.02 mg	11 %	Riboflavin	0.05 mg	4 %
Linolenic acid		3.09 %			Calcium	87.31 mg	7 %	Niacin	1.00 mg	6 %
Alpha-linolenic acid		1.07 %			Zinc	0.18 mg	2 %	Vitamin B6	0.03 mg	2 %
Total Carbohydrate	6 %	30.48 %			Magnesium	6.78 mg	2 %	Vitamin B12	0.00 µg	0 %
Sugars total	8 %				Iodine	0.00 µg	0 %	Folate	16.14 µg	4 %
Added sugar	0 %	0.00 %			Selenium	4.28 µg	8 %	Vitamin C	1.50 mg	2 %
Lactose					Copper	0.03 mg	3 %	Vitamin E	0.59 mg	4 %
Fiber	15 %	3.59 %						Vitamin K	5.15 µg	4 %
Organic acids		0.00 %								
Sugar alcohol		0.00 %								
Starch		12.87 %						Others		
Protein	21 %	19.04 %						Water		20.15 g
Alcohol		0.00 %								

PERCENTAGE OF ENERGY



CO2



0.12 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.

White BBQ Sauce

Recipe group	Additional name	Diet factors	Total weight
-			2 lb 5.07 oz

	Name of ingredient	Capacity measure	EP	Methods
1	Vegan Mayonnaise	1 1/2 pt	1 lb 10.46 oz	Mix all ingredients together, refrigerate.
	Apple cider vinegar	1 cup	0 lb 6.59 oz	
	Brown sugar, packed	3 tbsp	0 lb 1.52 oz	
	Horseradish, prepared	2 tbsp	0 lb 1.10 oz	
	Lemon juice, raw	1 tbsp	0 lb 0.54 oz	
	Vegan Worcestershire sauce	1 1/2 tsp	0 lb 0.32 oz	
	Hot sauce	1 1/2 tsp	0 lb 0.26 oz	
	Spices, garlic powder	1 5/8 tsp	0 lb 0.12 oz	
	Spices, onion powder	1 5/8 tsp	0 lb 0.12 oz	
	Spices, pepper, red or cayenne	3/4 tsp	0 lb 0.05 oz	

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	2 lb 5.07 oz	0 %	2 lb 5.07 oz	0 %	2 lb 5.07 oz
Size of portion	2 lb 5.07 oz		2 lb 5.07 oz		2 lb 5.07 oz

ADDITIONAL INFO

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MEMO

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