

Red White and Blue Burgers - 2034

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	10.26 oz

1 WHITE BBQ SAUCE

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
~ 1 5/8 qt	3 lb 4.91 oz	0%	3 lb 4.91 oz	Vegan Mayonnaise	Preheat gas or charcoal grill to 375 degrees.
~ 1 1/2 cup	0 lb 13.17 oz	0%	0 lb 13.17 oz	Apple cider vinegar	
6 1/4 tbsp	0 lb 3.03 oz	0%	0 lb 3.03 oz	Brown sugar, packed	
12 1/2 tsp	0 lb 2.20 oz	0%	0 lb 2.20 oz	Horseradish, prepared	
6 1/4 tsp	0 lb 1.08 oz	0%	0 lb 1.08 oz	Lemon juice, raw	
3 1/8 tsp	0 lb 0.63 oz	0%	0 lb 0.63 oz	Vegan Worcestershire sauce	
3 1/8 tsp	0 lb 0.52 oz	0%	0 lb 0.52 oz	Hot sauce	
3 1/8 tsp	0 lb 0.24 oz	0%	0 lb 0.24 oz	Spices, garlic powder	
3 1/8 tsp	0 lb 0.24 oz	0%	0 lb 0.24 oz	Spices, onion powder	
~ 1 1/2 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Spices, pepper, red or cayenne	

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
25.0 ea	6 lb 4.00 oz	0%	6 lb 4.00 oz	Hungry Planet Burger Patty™ Classic	VEGAN WHITE BBQ SAUCE Mix all ingredients together in a small bowl, and set aside while you grill the burgers
12 1/2 tbsp	0 lb 6.02 oz	0%	0 lb 6.02 oz	Oil, canola	
3 1/8 tsp	0 lb 0.67 oz	0%	0 lb 0.67 oz	Salt, table	
3 1/8 tsp	0 lb 0.25 oz	0%	0 lb 0.25 oz	Spices, pepper, black	

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
25.0 ea	2 lb 12.09 oz	0%	2 lb 12.09 oz	Hamburger buns	Season 4 Hungry Planet Beef Patties with salt and pepper, and lightly oil with canola oil. Place patties on grill and cook for 3 minutes on both sides with lid closed. 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. Step 4
	0 lb 9.38 oz	0%	0 lb 9.38 oz	Blue cheese, vegan	
25.0 ea	1 lb 1.64 oz	0%	1 lb 1.64 oz	Tomato slices	
25.0 ea	0 lb 4.41 oz	0%	0 lb 4.41 oz	Lettuce, leaves	

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4					To assemble, place one pattie on each bun. Pour white bbq sauce on top, followed by the vegan blue cheese, lettuce, and tomato. For an added crunch add store-bought french fried onions on top.

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	16 lb 0.58 oz	0 %	16 lb 0.58 oz	0 %	16 lb 0.58 oz
Size of portion	10.26 oz		10.26 oz		10.26 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	RDI
Total fat	18.85 g	24 %	63.79 %	261.28 kcal 1,093.21 kJ	Salt	1.14 g		
Saturated	2.51 g	13 %	8.49 %		Salt	1.14 %		
Monounsaturated	4.54 g		15.36 %	Sodium	456.55 mg	20 %	Vitamin A	10.25 µg 1 %
Polyunsaturated	9.78 g		33.12 %	Phosphorus	20.49 mg	2 %	Vitamin D	0.00 µg 0 %
Trans fatty acids	0.01 g		0.05 %	Potassium	285.59 mg	6 %	Thiamine	0.10 mg 8 %
Cholesterol	0.00 mg	0 %		Iron	1.83 mg	10 %	Riboflavin	0.05 mg 4 %
Linolenic acid	0.70 g		2.38 %	Calcium	79.09 mg	6 %	Niacin	0.88 mg 6 %
Alpha-linolenic acid	242.96 mg		0.82 %	Zinc	0.16 mg	1 %	Vitamin B6	0.03 mg 2 %
Total Carbohydrate	13.49 g	5 %	20.97 %	Magnesium	5.76 mg	1 %	Vitamin B12	0.00 µg 0 %
Sugars total	2.43 g	5 %		Iodine	0.00 µg	0 %	Folate	14.78 µg 4 %
Added sugar	0.00 g	0 %	0.00 %	Selenium	3.88 µg	7 %	Vitamin C	1.57 mg 2 %
Lactose	0.00 g			Copper	0.03 mg	3 %	Vitamin E	0.50 mg 3 %
Fiber	3.78 g	13 %	2.76 %				Vitamin K	4.63 µg 4 %
Organic acids	0.00 g		0.00 %					
Sugar alcohol	0.00 g		0.00 %				Others	
Starch	6.39 g		9.93 %				Water	15.94 g
Protein	9.46 g	19 %	14.70 %					
Alcohol	0.00 g		0.00 %					

CO2



0.14 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.