

# Grilled Chicken Avocado Toast - 2042

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	8.35 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1				3 lb 2.00 oz	Hungry Planet Grilled Chicken Strips	In a medium skillet on medium heat, add avocado oil. When hot, add Hungry Planet Grilled Chicken. Cook chicken on all sides until golden brown and cooked through, about 4 to 6 minutes. Once done, remove from pan and set aside.
	6 1/4 tbsp		0%	0 lb 3.00 oz	Oil, avocado	
2	25.0 ea		0%	2 lb 11.21 oz	Bread, sough dough, slices, toasted	Smear equal amounts of guacamole on top of each piece of toast. Next top with Hungry Planet Grilled Chicken Strips, and thinly sliced radish. Sprinkle top with salt and pepper, freshly squeezed lime juice and cilantro.
			0%	3 lb 2.00 oz	Guacamole, ready-to-serve	
	~ 1 cup		0%	0 lb 3.13 oz	Radishes, raw, sliced	
	6 1/4 tbsp		0%	0 lb 0.22 oz	Cilantro, fresh, chopped	
			0%	0 lb 1.25 oz	Limes, raw	
	3 1/8 tsp		0%	0 lb 0.67 oz	Salt, table	
	3 1/8 tsp		0%	0 lb 0.25 oz	Spices, pepper, black	
3	~ 1 1/2 qt		0%	3 lb 9.10 oz	Sauce, salsa, ready-to-serve	To serve, place toast on plates and serve with your favorite salsa for a quick, easy and delicious breakfast or midday snack.

## ALLERGENS



## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	13 lb 0.83 oz	0 %	13 lb 0.83 oz	0 %	13 lb 0.83 oz
Size of portion	8.35 oz		8.35 oz		8.35 oz

## ADDITIONAL INFO

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## MEMO

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**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives		RDI	% of energy
<b>Total fat</b>	<b>3.24 g</b>	<b>4 %</b>	<b>25.36 %</b>
Saturated	0.32 g	2 %	2.49 %
Monounsaturated	1.15 g		8.97 %
Polyunsaturated	0.55 g		4.30 %
Trans fatty acids	0.01 g		0.05 %
Cholesterol	0.00 mg	0 %	
Linolenic acid	0.50 g		3.89 %
Alpha-linolenic acid	34.53 mg		0.27 %
<b>Total Carbohydrate</b>	<b>15.24 g</b>	<b>6 %</b>	<b>54.79 %</b>
Sugars total	3.15 g	6 %	
Added sugar	0.00 g	0 %	0.00 %
Lactose	0.00 g		
Fiber	2.24 g	8 %	3.80 %
Organic acids	0.00 g		0.00 %
Sugar alcohol	0.00 g		0.00 %
Starch	7.69 g		27.65 %
Protein	6.15 g	12 %	22.10 %
Alcohol	0.00 g		0.00 %

Calories	RDI
113.04 kcal	6 %
472.96 kJ	

Minerals		RDI
Salt	1.61 g	
Salt	1.61 %	
Sodium	645.03 mg	28 %
Phosphorus	39.76 mg	3 %
Potassium	235.22 mg	5 %
Iron	1.44 mg	8 %
Calcium	51.99 mg	4 %
Zinc	0.27 mg	2 %
Magnesium	13.83 mg	3 %
Iodine	0.00 µg	0 %
Selenium	5.01 µg	9 %
Copper	0.06 mg	7 %

Vitamins		RDI
Vitamin A	9.32 µg	1 %
Vitamin D	0.00 µg	0 %
Thiamine	0.13 mg	11 %
Riboflavin	0.07 mg	5 %
Niacin	1.68 mg	10 %
Vitamin B6	0.09 mg	5 %
Vitamin B12	0.00 µg	0 %
Folate	17.80 µg	4 %
Vitamin C	3.89 mg	4 %
Vitamin E	0.50 mg	3 %
Vitamin K	5.02 µg	4 %

Others	
Water	55.45 g

**CO2**



0.04 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.