

# Crab Cake Onigiri

Recipe group	Additional name	Diet factors	Portions	Portion size
-			11	5.61 oz

Name of ingredient	Capacity measure	EP	Methods
1 <u>Sushi Rice</u>	2 lb 12.00 oz		Prepare the sushi rice. Cover and set aside.

Name of ingredient	Capacity measure	EP	Methods
2			Cook the Hungry Planet Crab Cakes in a skillet or oven until lightly browned and an internal temperature of 165°F is reached. Break into small pieces and chill completely before using.

Name of ingredient	Capacity measure	EP	Methods
3 Hungry Planet® Crab Cakes	3.0 ea 0 lb 12.00 oz		Mix the chilled Hungry Planet Crab Cakes with the mayonnaise, soy sauce, and sesame oil. Using wet hands, portion the rice into 4 oz balls. Flatten the rice balls (onto cling film if desired) and press 1 oz of the crab mixture in the center of each ball. Using wet hands or cling film, re-shape the rice back into a ball, sealing the crab mixture inside. Shape the rice into triangles. Slice the nori seaweed into rectangular strips. Place a nori strip onto a clean surface, then place the rice triangle ovetop in the middle and wrap the edges upwards to stick to the rice. Repeat with remaining onigiri. Garnish with sesame seeds. Serve or wrap in cling film and refrigerate until ready to serve.
Vegan Mayonnaise	12 1/3 0 lb 6.55 oz tbsp		
Soy sauce made from soy (tamari)	~ 1 1/3 0 lb 0.87 oz tbsp		
Oil, sesame	1 1/2 tsp 0 lb 0.24 oz		
Seaweed, kelp, raw <i>sushi nori (one sheet = 3g)</i>	6 g		
Seeds, sesame seeds, whole, roasted and toasted	3 1/2 tbsp 0 lb 1.10 oz		

Name of ingredient	Capacity measure	EP	Methods
4			Optional: Lightly grill each side of the onigiri before serving.

## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	4 lb 0.97 oz	5 %	3 lb 13.72 oz	0 %	3 lb 13.72 oz
Size of portion	5.91 oz		5.61 oz		5.61 oz

**COSTS**

	Ingredients	Other costs	Total
Total price	\$1.02	\$0.00	\$1.02
Price / lb	\$0.26	\$0.00	\$0.26
Price per ptn	\$0.09	\$0.00	\$0.09

**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives		% of energy	Calories	Minerals			
<b>Total fat</b>	<b>9.72 g</b>	<b>43.02 %</b>	<b>199.81 kcal</b>	Salt	0.88 g		
Saturated	1.43 g	6.34 %	836.00 kJ	Sodium	351.73 mg	Vitamin A	0.02 µg
Monounsaturated	2.04 g	9.01 %		Phosphorus	28.85 mg	Vitamin D	0.00 µg
Polyunsaturated	5.13 g	22.69 %		Potassium	86.82 mg	Thiamine	0.05 mg
Trans fatty acids	0.00 g	0.00 %		Iron	1.02 mg	Riboflavin	0.02 mg
Cholesterol	0.00 mg			Calcium	31.09 mg	Niacin	0.60 mg
Linolenic acid	0.57 g	2.52 %		Zinc	0.40 mg	Vitamin B6	0.04 mg
Alpha-linolenic acid	0.00 mg	0.00 %		Magnesium	12.33 mg	Vitamin B12	0.00 µg
<b>Total Carbohydrate</b>	<b>22.35 g</b>	<b>45.44 %</b>		Iodine	0.00 µg	Folate	0.00 µg
Sugars total	2.92 g			Selenium	3.92 µg	Vitamin C	0.01 mg
Added sugar	0.00 g	0.00 %		Copper	0.08 mg	Vitamin E	0.01 mg
Lactose	0.00 g					Vitamin K	0.28 µg
Fiber	1.64 g	1.57 %					
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %					
Starch	0.00 g	0.00 %				Others	
Protein	5.22 g	10.62 %				Water	47.02 g
Alcohol	0.00 g	0.00 %					

## CO2



0.05 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.

# Sushi Rice

Recipe group	Additional name	Diet factors	Total weight
-			2 lb 12.00 oz

	Name of ingredient	Capacity measure	EP	Methods
1	Rice, white, glutinous, unenriched, uncooked	1 pt	0 lb 13.28 oz	Rinse the rice under cold running water until the water runs clear.
	Water	1 1/2 pt	1 lb 8.42 oz	
	Rice Wine Vinegar	1/2 cup	0 lb 4.28 oz	
	Sugars, granulated	1/4 cup	0 lb 1.79 oz	
	Salt, table	1 tsp	0 lb 0.22 oz	

	Name of ingredient	Capacity measure	EP	Methods
2				Combine rice and water in a saucepan over medium-high heat and bring to a boil. Reduce heat to low, cover, and cook until rice is tender and all water has been absorbed, about 20 minutes. Remove from stove and set aside until cool enough to handle.

	Name of ingredient	Capacity measure	EP	Methods
3				While the rice is cooking, combine rice vinegar, sugar, and salt in a small saucepan over medium heat. Cook until the sugar has dissolved. Allow to cool, then gently stir into the cooked rice.

## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	2 lb 12.00 oz	0 %	2 lb 12.00 oz	0 %	2 lb 12.00 oz
Size of portion	2 lb 12.00 oz		2 lb 12.00 oz		2 lb 12.00 oz