

# Easy Pasta Bake

| Recipe group | Additional name | Diet factors | Portions | Portion size |
|--------------|-----------------|--------------|----------|--------------|
| -            |                 |              | 25       | 13.42 oz     |

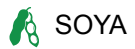
| Name of ingredient        | Capacity measure | EP           | Methods  |
|---------------------------|------------------|--------------|--|
| 1 Olive oil, extra virgin | 18 3/4 tbsp      | 0 lb 8.93 oz | <b>PASTA</b><br>Pre-heat oven to 375 degrees.<br>Add water into a medium-sized pot and bring to a boil. Add 1 tablespoon of olive oil and cook penne per package instructions. Once done and cooked through, drain and set aside until ready to use. |
| Pasta, penne, dry         | 1.059 gal        | 3 lb 2.00 oz |  |

| Name of ingredient               | Capacity measure | EP            | Methods  |
|----------------------------------|------------------|---------------|--|
| 2 Hungry Planet Italian Sausage™ |                  | 4 lb 11.00 oz | <b>SAUSAGE</b><br>In a medium skillet on medium heat, add 1 tablespoon of oil. When hot, add Hungry Planet Italian Sausage. Break the sausage up with a spatula into medium-sized pieces. Cook until golden brown and cooked through about 4 to 6 minutes. Once done, remove from pan and set aside. |

| Name of ingredient                               | Capacity measure | EP            | Methods   |
|--|------------------|---------------|---|
| 3 Peppers red bell, medium, sliced               | 6.2 ea           | 1 lb 10.24 oz | <b>MARINARA</b><br>In the same skillet add 1 tablespoon of olive oil. Place skillet on medium-high heat and add peppers and onions. Season peppers and onions with salt and pepper and cook for 4 minutes. Add marinara, basil, and Italian seasoning, and cook for another minute. Next, add cooked sausage to the marinara-pepper mixture and stir to combine. Set aside. |
| Onions, raw, diced                               | ~ 1 1/2 qt       | 1 lb 11.81 oz |   |
| Salt, kosher, Diamond Crystal                    | 6 1/4 tsp        | 0 lb 0.61 oz  |   |
| Spices, pepper, black                            | 3 1/8 tsp        | 0 lb 0.25 oz  |   |
| Sauce, pasta, spaghetti/marinara, ready-to-serve | 2 1/8 qt         | 4 lb 11.00 oz |   |
| Seasoning, Italian                               | ~ 1/4 cup        | 0 lb 0.44 oz  |   |
| Basil, fresh, chopped                            | 6 1/4 tbsp       | 0 lb 0.58 oz  |   |

| Name of ingredient     | Capacity measure | EP            | Methods  |
|------------------------|------------------|---------------|--|
| <b>4</b> Vegan ricotta | ~ 1 5/8 qt       | 3 lb 6.23 oz  | <b>ASSEMBLY</b><br>Add cooked penne into a medium-sized casserole dish. Pour Italian sausage mixture on top and stir. Next, spread vegan ricotta on top, in an even layer. Place tomatoes on top of the ricotta, and finish with the bread crumbs.<br>Bake pasta in the oven for 20 minutes, until hot and the top, is golden brown. Once ready, remove from oven and let cool for 5 minutes before serving. |
| Tomato slices          | 6.2 ea           | 0 lb 4.41 oz  |  |
| Bread crumbs, Panko    | ~ 1 1/2 pt       | 0 lb 11.90 oz |  |

**ALLERGENS**



SOYA

**WEIGHTS**

|                 | Raw            | Cooking loss | Cooked         | Loss when served | Final          |
|-----------------|----------------|--------------|----------------|------------------|----------------|
| Total weight    | 20 lb 15.40 oz | 0 %          | 20 lb 15.40 oz | 0 %              | 20 lb 15.40 oz |
| Size of portion | 13.42 oz       |              | 13.42 oz       |                  | 13.42 oz       |

**COSTS**

|               | Ingredients | Other costs | Total   |
|---------------|-------------|-------------|---------|
| Total price   | \$34.61     | \$0.00      | \$34.61 |
| Price / lb    | \$1.65      | \$0.00      | \$1.65  |
| Price per ptn | \$1.38      | \$0.00      | \$1.38  |

**PRICE CALCULATION**

|                 | Portion size | Prices    | Ingredients | Margin-% | Margin   | Tax sum | Sales price | Tax-% |
|-----------------|--------------|-----------|-------------|----------|----------|---------|-------------|-------|
| Easy Pasta Bake | 1.00 lb      | Incl. tax | \$1.65      | 0.00     | (\$1.65) | \$0.00  | \$0.00      | 0.00  |

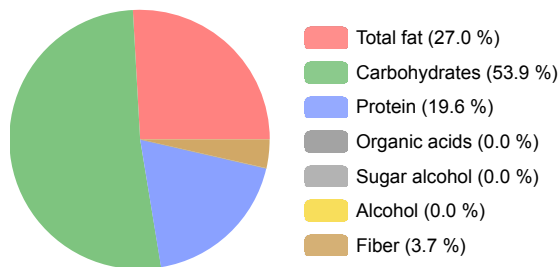
## NUTRITION INFORMATION

supply / 100 g

| Energy nutritives         |                | % of energy    |
|---------------------------|----------------|----------------|
| <b>Total fat</b>          | <b>4.26 g</b>  | <b>27.03 %</b> |
| Saturated                 | 0.51 g         | 3.23 %         |
| Monounsaturated           | 2.07 g         | 13.16 %        |
| Polyunsaturated           | 0.60 g         | 3.79 %         |
| Trans fatty acids         | 0.00 g         | 0.01 %         |
| Cholesterol               | 0.45 mg        |                |
| Linolenic acid            | 0.55 g         | 3.46 %         |
| Alpha-linolenic acid      | 22.03 mg       | 0.14 %         |
| <b>Total Carbohydrate</b> | <b>18.49 g</b> | <b>53.94 %</b> |
| Sugars total              | 2.43 g         |                |
| Added sugar               | 0.00 g         | 0.00 %         |
| Lactose                   | 0.00 g         |                |
| <b>Fiber</b>              | <b>2.72 g</b>  | <b>3.74 %</b>  |
| Organic acids             | 0.00 g         | 0.00 %         |
| Sugar alcohol             | 0.00 g         | 0.00 %         |
| Starch                    | 11.43 g        | 33.35 %        |
| <b>Protein</b>            | <b>6.73 g</b>  | <b>19.64 %</b> |
| <b>Alcohol</b>            | <b>0.00 g</b>  | <b>0.00 %</b>  |

| Calories    | Minerals   |           | Vitamins    |          |
|-------------|------------|-----------|-------------|----------|
| 139.23 kcal | Salt       | 0.72 g    |             |          |
| 582.56 kJ   | Salt       | 0.72 %    | Vitamin A   | 20.24 µg |
|             | Sodium     | 296.91 mg | Vitamin D   | 0.00 µg  |
|             | Phosphorus | 46.60 mg  | Thiamine    | 0.06 mg  |
|             | Potassium  | 263.53 mg | Riboflavin  | 0.05 mg  |
|             | Iron       | 1.39 mg   | Niacin      | 1.46 mg  |
|             | Calcium    | 43.33 mg  | Vitamin B6  | 0.10 mg  |
|             | Zinc       | 0.34 mg   | Vitamin B12 | 0.01 µg  |
|             | Magnesium  | 15.60 mg  | Folate      | 2.91 µg  |
|             | Iodine     | 0.00 µg   | Vitamin C   | 11.26 mg |
|             | Selenium   | 10.68 µg  | Vitamin E   | 1.07 mg  |
|             | Copper     | 0.08 mg   | Vitamin K   | 6.32 µg  |
|             |            |           | Others      |          |
|             |            |           | Water       | 37.38 g  |

## PERCENTAGE OF ENERGY



## CO2



0.08 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.