

# Grilled Buffalo Chicken Wrap

Recipe group	Additional name	Diet factors	Portions	Portion size
-			20	12.19 oz



	Name of ingredient	Capacity measure	EP	Methods
1	Vegetable oil	10 tbsp	0 lb 4.81 oz	In a small bowl, mix together the vegetable oil, hot sauce, garlic powder, paprika, and salt. Add the Hungry Planet Chicken and gently toss to coat each piece with sauce.
	Hot sauce	1 1/4 pt	1 lb 4.00 oz	
	<i>Buffalo-style</i>			
	Spices, garlic powder	2 1/2 tsp	0 lb 0.19 oz	
	Spices, paprika	2 1/2 tsp	0 lb 0.20 oz	
	Salt, kosher, Diamond Crystal	2 1/2 tsp	0 lb 0.24 oz	
	Hungry Planet Diced Grilled Chicken (or strips)		5.00 lb	

	Name of ingredient	Capacity measure	EP	Methods
2				Preheat a skillet over medium-high heat. When hot, use tongs or a slotted spoon to carefully place the chicken onto the skillet. Fry until the chicken is fully cooked and lightly browned. Transfer to a plate and set aside.

	Name of ingredient	Capacity measure	EP	Methods
3	Tortillas, flour, 10"	20.0 ea	3 lb 2.09 oz	Place tortillas on a plate or cutting board and spread with a thin layer of bleu cheese or ranch dressing. Layer with lettuce, carrots, avocado, and cheese.
	Vegan blue cheese dressing	1 1/4 pt	1 lb 5.61 oz	
	Romaine lettuce, chopped	2 1/2 qt	1 lb 0.58 oz	
	Carrots, raw, shredded	1 1/4 pt	0 lb 4.50 oz	
	Avocados, sliced	1 1/4 qt	730 g	
	Vegan cheddar cheese, shredded	1 1/4 qt	1 lb 3.75 oz	

Name of ingredient	Capacity measure	EP	Methods
4			Arrange a few chicken strips down the center of each tortilla and drizzle with a tablespoon or two of the leftover hot sauce. Wrap tightly into a burrito. Serve immediately with a side of hot sauce or extra dressing, if desired.

**ALLERGENS**

 GLUTEN,  SOYA

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	15 lb 3.72 oz	0 %	15 lb 3.72 oz	0 %	15 lb 3.72 oz
Size of portion	12.19 oz		12.19 oz		12.19 oz

**COSTS**

	Ingredients	Other costs	Total
Total price	\$42.06	\$0.00	\$42.06
Price / lb	\$2.76	\$0.00	\$2.76
Price per ptn	\$2.10	\$0.00	\$2.10

**PRICE CALCULATION**

	Portion size	Prices	Ingredients	Margin-%	Margin	Tax sum	Sales price	Tax-%
Grilled Buffalo Chicken Wrap	1.00 lb	Incl. tax	\$2.76	0.00	(\$2.76)	\$0.00	\$0.00	0.00

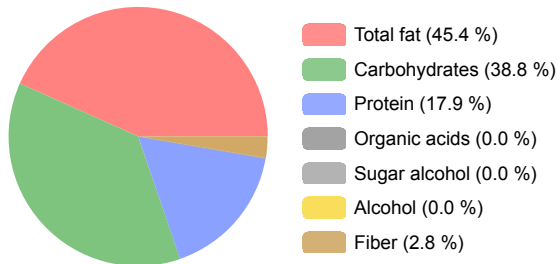
## NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy
<b>Total fat</b>	<b>8.20 g</b>	<b>45.42 %</b>
Saturated	2.34 g	12.95 %
Monounsaturated	3.07 g	17.01 %
Polyunsaturated	1.24 g	6.87 %
Trans fatty acids	0.01 g	0.06 %
Cholesterol	0.00 mg	
Linolenic acid	0.96 g	5.30 %
Alpha-linolenic acid	192.29 mg	1.06 %
<b>Total Carbohydrate</b>	<b>15.25 g</b>	<b>38.80 %</b>
Sugars total	0.81 g	
Added sugar	0.00 g	0.00 %
Lactose	0.00 g	
<b>Fiber</b>	<b>2.35 g</b>	<b>2.82 %</b>
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	8.30 g	21.11 %
<b>Protein</b>	<b>7.03 g</b>	<b>17.88 %</b>
<b>Alcohol</b>	<b>0.00 g</b>	<b>0.00 %</b>

Calories	Minerals		Vitamins	
159.72 kcal 668.25 kJ	Salt	0.94 g		
	Salt	0.94 %		
	Sodium	374.96 mg	Vitamin A	54.60 µg
	Phosphorus	54.43 mg	Vitamin D	0.00 µg
	Potassium	204.69 mg	Thiamine	0.12 mg
	Iron	1.48 mg	Riboflavin	0.05 mg
	Calcium	53.41 mg	Niacin	1.11 mg
	Zinc	0.22 mg	Vitamin B6	0.06 mg
	Magnesium	9.75 mg	Vitamin B12	0.20 µg
	Iodine	0.00 µg	Folate	20.63 µg
	Selenium	4.64 µg	Vitamin C	1.81 mg
	Copper	0.06 mg	Vitamin E	0.79 mg
			Vitamin K	11.79 µg
			Others	
		Water	30.29 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.