



Chipotle Chicken Bowl

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	19.96 oz

Name of ingredient	Capacity measure	EP	Methods
1 Rice, white, long-grain, regular, enriched, cooked	1.563 gal	8 lb 11.33 oz	CILANTRO RICE
Lime juice, raw	25 tsp	0 lb 4.45 oz	To make the cilantro lime rice, combine pre cooked rice, 2 teaspoons of lime juice, and cilantro. Mix and set aside until ready to use.
Cilantro, fresh, chopped	31 1/4 tbsp	0 lb 1.10 oz	
2 Vegetable oil	12 1/2 tbsp	0 lb 6.01 oz	CHIPOTLE CHICKEN
Hungry Planet Diced Grilled Chicken		4 lb 11.00 oz	Add 1 tablespoon of oil into a medium sized non-stick skillet, on medium high heat. When hot, add Hungry Planet Grilled and Diced Chicken. Cook for 3 minutes stirring occasionally. Next, add taco seasoning, 1 teaspoon of salt, and 2 teaspoons of lime juice. Cook for another 3 minutes until the chicken is golden brown and cooked through. Remove chicken from the skillet and set aside.
Salt, kosher, Diamond Crystal	12 1/2 tsp	0 lb 1.22 oz	
Spices, black pepper, ground	9 3/8 tsp	0 lb 0.74 oz	
Seasoning mix, dry, taco, chipotle flavored	25 tsp	0 lb 0.88 oz	
3 Black beans, cooked, canned	3 1/8 qt	4 lb 11.00 oz	BLACK BEANS
			Place the same skillet on medium heat, and add 1 tablespoon of vegetable oil. Add black beans, the remaining, salt, pepper, and taco seasoning. Simmer for 3 minutes and set aside.

Name of ingredient	Capacity measure	EP	Methods
4 Corn, sweet, yellow, raw	~ 1 1/4 qt	1 lb 9.00 oz	To assemble, add 1 cup of rice into 4 separate bowls. Next top each bowl with 3 oz of black beans, 1 oz of sweet corn, ¼ cup of pico de gallo, ¼ cup of guacamole, and 3 oz of cooked Hungry Planet Diced and Grilled Chicken. Garnish with sour cream, diced red onion and fresh cilantro.
PACE, Pico De Gallo		3 lb 2.00 oz	
Sauce, salsa, Guacamole, ready-to-serve	~ 1 5/8 qt	3 lb 9.10 oz	
Vegan sour cream	~ 1 1/2 qt	3 lb 2.71 oz	
Red onion, medium, diced	3.2 ea	0 lb 12.50 oz	

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	31 lb 3.04 oz	0 %	31 lb 3.04 oz	0 %	31 lb 3.04 oz
Size of portion	19.96 oz		19.96 oz		19.96 oz

COSTS

	Ingredients	Other costs	Total
Total price	\$25.39	\$0.00	\$25.39
Price / lb	\$0.81	\$0.00	\$0.81
Price per ptn	\$1.02	\$0.00	\$1.02

PRICE CALCULATION

	Portion size	Prices	Ingredients	Margin-%	Margin	Tax sum	Sales price	Tax-%
Chipotle Chicken Bowl	1.00 lb	Incl. tax	\$0.81	0.00	(\$0.81)	\$0.00	\$0.00	0.00

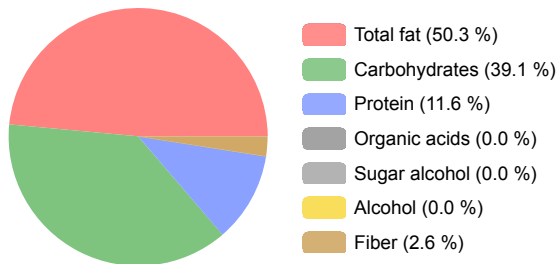
NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy
Total fat	9.22 g	50.30 %
Saturated	1.23 g	6.74 %
Monounsaturated	2.27 g	12.38 %
Polyunsaturated	4.77 g	26.04 %
Trans fatty acids	0.00 g	0.03 %
Cholesterol	0.00 mg	
Linolenic acid	0.29 g	1.59 %
Alpha-linolenic acid	110.92 mg	0.61 %
Total Carbohydrate	15.61 g	39.13 %
Sugars total	1.60 g	
Added sugar	0.00 g	0.00 %
Lactose	0.00 g	
Fiber	2.19 g	2.58 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	0.29 g	0.72 %
Protein	4.64 g	11.63 %
Alcohol	0.00 g	0.00 %

Calories	Minerals	
162.04 kcal 677.99 kJ	Salt	0.94 g
	Salt	0.94 %
	Sodium	375.41 mg
	Phosphorus	44.28 mg
	Potassium	170.69 mg
	Iron	1.13 mg
	Calcium	22.81 mg
	Zinc	0.30 mg
	Magnesium	14.92 mg
	Iodine	0.00 µg
	Selenium	2.43 µg
	Copper	0.07 mg
		Vitamins
	Vitamin A	3.88 µg
	Vitamin D	0.00 µg
	Thiamine	0.09 mg
	Riboflavin	0.02 mg
	Niacin	0.71 mg
	Vitamin B6	0.07 mg
	Vitamin B12	0.00 µg
	Folate	15.36 µg
	Vitamin C	1.45 mg
	Vitamin E	0.51 mg
	Vitamin K	2.81 µg
	Others	
	Water	55.10 g

PERCENTAGE OF ENERGY



CO2



0.03 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.