

Chicken Burrito Bowls



Recipe group	Additional name	Diet factors	Portions	Portion size
-			6	18.34 oz

Name of ingredient	Capacity measure	EP	Methods
1 <u>Chipotle Mayonnaise</u>			Prepare the chipotle sauce.
	0 lb 10.50 oz		
Name of ingredient	Capacity measure	EP	Methods
2 Lime juice, raw	2 tbsp		In a small bowl, whisk together the second amount of lime juice and taco seasoning.
Seasoning mix, dry, taco, original	2 tbsp		
	0 lb 1.07 oz		
	0 lb 0.21 oz		
Name of ingredient	Capacity measure	EP	Methods
3 Vegetable oil	2 tbsp		Heat the first amount of oil in a nonstick skillet over medium heat. When the oil shimmers, add the chicken and cook, turning occasionally, until browned on all sides and heated through (4-6 minutes). Turn off the heat and pour in the lime juice seasoning mixture. Gently toss the chicken in the seasoning to coat all sides and transfer to a plate. When cooled, slice into bite-sized pieces.
Hungry Planet Diced Grilled Chicken			
<i>Grilled Strips</i>			
	0 lb 0.96 oz		
	1 lb 0.00 oz		
Name of ingredient	Capacity measure	EP	Methods
4 Vegetable oil	1 tbsp		Wipe the skillet clean and warm the second amount of oil over medium-high heat. When hot, add the sliced onion, green bell pepper, and garlic. Sear, stirring occasionally, until the vegetables have some color but are still crisp (1-2 minutes). Transfer to a bowl and season with salt and pepper to taste.
Red onion, medium	0.5 ea		
<i>sliced thin</i>			
Peppers, green bell, medium	1.0 ea		
<i>sliced into thin strips</i>			
Garlic, raw, chopped	1 tsp		
	0 lb 0.48 oz		
	0 lb 1.94 oz		
	0 lb 4.20 oz		
	0 lb 0.11 oz		
Name of ingredient	Capacity measure	EP	Methods
5 Rice, white, medium-grain, enriched, cooked	1 pt		Combine the rice with the third amount of lime juice and cilantro. Season with salt to taste and set aside.
Lime juice, raw	2 tbsp		
Cilantro, fresh, chopped	1/4 cup		
	0 lb 13.12 oz		
	0 lb 1.07 oz		
	0 lb 0.14 oz		

Name of ingredient	Capacity measure	EP	Methods
6 Pico de gallo <i>prepared, fresh</i>	1 cup	0 lb 9.03 oz	Combine the pico de gallo, black beans, and corn. Set aside.
Black beans, cooked	1 1/4 pt	0 lb 15.00 oz	
Corn, roasted	1 1/3 pt	0 lb 15.00 oz	

Name of ingredient	Capacity measure	EP	Methods
7 Tomatoes, cherry <i>halved</i>	1 cup	0 lb 5.47 oz	To assemble, divide the cilantro-lime rice, chicken, pepper/onion mixture, bean/corn salad, cherry tomatoes, and avocado between bowls. Drizzle with the chipotle sauce and top with your favorite garnishes as desired (e.g. sliced jalapeno, additional cilantro, lime wedges, green onions, crispy tortilla strips, etc.). Serve immediately, with tortilla chips if desired.
Avocados, sliced	1 1/2 cup	0 lb 7.72 oz	
Tortilla chips, yellow, plain, salted <i>optional, for serving</i>		0 lb 8.00 oz	

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	6 lb 14.02 oz	0 %	6 lb 14.02 oz	0 %	6 lb 14.02 oz
Size of portion	18.34 oz		18.34 oz		18.34 oz

COSTS

	Ingredients	Other costs	Total
Total price	\$5.36	\$0.00	\$5.36
Price / lb	\$0.78	\$0.00	\$0.78
Price per ptn	\$0.89	\$0.00	\$0.89

PRICE CALCULATION

	Portion size	Prices	Ingredients	Margin-%	Margin	Tax sum	Sales price	Tax-%
Chicken Burrito Bowls	1.00 lb	Incl. tax	\$0.78	0.00	(\$0.78)	\$0.00	\$0.00	0.00

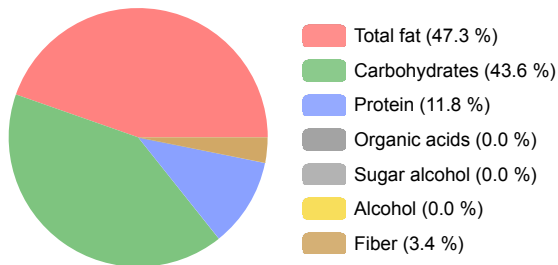
NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy
Total fat	8.87 g	47.31 %
Saturated	1.11 g	5.93 %
Monounsaturated	3.02 g	16.13 %
Polyunsaturated	3.74 g	19.92 %
Trans fatty acids	0.01 g	0.06 %
Cholesterol	0.00 mg	
Linolenic acid	1.12 g	5.95 %
Alpha-linolenic acid	150.30 mg	0.80 %
Total Carbohydrate	17.79 g	43.57 %
Sugars total	1.75 g	
Added sugar	0.00 g	0.00 %
Lactose	0.00 g	
Fiber	2.92 g	3.37 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	5.39 g	13.20 %
Protein	4.81 g	11.79 %
Alcohol	0.00 g	0.00 %

Calories	Minerals		Vitamins	
165.85 kcal 693.92 kJ	Salt	0.45 g		
	Salt	0.45 %		
	Sodium	178.38 mg	Vitamin A	11.47 µg
	Phosphorus	59.72 mg	Vitamin D	0.00 µg
	Potassium	211.04 mg	Thiamine	0.08 mg
	Iron	1.07 mg	Riboflavin	0.04 mg
	Calcium	25.30 mg	Niacin	0.83 mg
	Zinc	0.42 mg	Vitamin B6	0.09 mg
	Magnesium	21.43 mg	Vitamin B12	0.00 µg
	Iodine	0.00 µg	Folate	6.68 µg
	Selenium	1.76 µg	Vitamin C	8.72 mg
	Copper	0.08 mg	Vitamin E	0.82 mg
			Vitamin K	3.96 µg
	Others			
	Water		54.99 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.

Chipotle Mayonnaise

Recipe group	Additional name	Diet factors	Total weight
-			0 lb 10.50 oz

	Name of ingredient	Capacity measure	EP	Methods
1	Vegan Mayonnaise	3/4 cup	0 lb 6.34 oz	Combine the first 3 ingredients in a blender. Blend until smooth. Add water to thin, as desired.
	Chipotle chili, canned in adobo	2 tbsp	0 lb 1.09 oz	
	Lime juice, raw	2 tbsp	0 lb 1.07 oz	
	Water	4 tbsp	0 lb 2.00 oz	
	<i>to thin, as necessary</i>			

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	0 lb 10.50 oz	0 %	0 lb 10.50 oz	0 %	0 lb 10.50 oz
Size of portion	0 lb 10.50 oz		0 lb 10.50 oz		0 lb 10.50 oz