

# Mediterranean Summer Salad with Grilled Chicken

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	12.66 oz

Name of ingredient	Capacity measure	EP	Methods
<b>1</b> Oil, olive	25 tbsp	0 lb 11.90 oz	In a medium bowl, whisk together all of the dressing ingredients until well combined. Season with salt to taste. Set aside.
Lemon juice, raw	6 1/4 tbsp	0 lb 3.24 oz	
Vinegar, red wine	4 1/4 tbsp	0 lb 2.20 oz	
Garlic, raw, chopped	6 1/4 tsp	0 lb 0.66 oz	
Parsley, Italian, fresh, chopped	6 1/4 tbsp	0 lb 0.70 oz	
Spices, oregano, dried	4 1/8 tsp	0 lb 0.11 oz	
Agave syrup	3 1/8 tsp	0 lb 0.70 oz	
Salt, kosher, Diamond Crystal		0.00 lb	
<i>to taste</i>			



Name of ingredient	Capacity measure	EP	Methods
<b>2</b> Hungry Planet Diced Grilled Chicken		4 lb 2.67 oz	Heat the second amount of olive 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). Season with salt and pepper to taste. Transfer to a cutting board to cool.
<i>Grilled Strips</i>			
Olive oil, extra virgin	8 1/3 tbsp	0 lb 3.97 oz	
Salt, kosher, Diamond Crystal		0.00 lb	
Spices, black pepper, ground		0.00 lb	

Name of ingredient	Capacity measure	EP	Methods
<b>3 Spinach, raw</b>	1.969 gal	33.33 oz	In a large bowl, add the rest of the salad ingredients except for the cheese and avocado. You can either combine all of the ingredients or arrange them in sections around the bowl.
Tomatoes, diced	~ 1 7/8 qt	2 lb 9.67 oz	
Cucumber, peeled, raw <i>Sliced into half moons</i>	4.2 ea	1 lb 13.39 oz	
Red onion, medium <i>thinly sliced</i>	2.1 ea	0 lb 8.08 oz	
Peppers, red bell, chopped	~ 1 qt	1 lb 5.90 oz	
Olives, kalamata	~ 1 1/2 pt	0 lb 14.33 oz	
Artichoke hearts <i>roughly chopped</i>	~ 1 1/2 pt	1 lb 12.66 oz	

Name of ingredient	Capacity measure	EP	Methods
<b>4 Vegan feta <i>crumbled</i></b>	~ 1 qt	1 lb 0.67 oz	Slice the cooled chicken into pieces and add to the top of the salad along with the avocado and feta cheese. Chill until ready to serve.
Avocados, sliced	~ 1 5/8 qt	2 lb 0.19 oz	

Name of ingredient	Capacity measure	EP	Methods
<b>5</b>			Just prior to serving, pour the dressing over the salad.

**ALLERGENS**

 GLUTEN,  SOYA

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	19 lb 12.38 oz	0 %	19 lb 12.38 oz	0 %	19 lb 12.38 oz
Size of portion	12.66 oz		12.66 oz		12.66 oz

**COSTS**

	Ingredients	Other costs	Total
Total price	\$21.83	\$0.00	\$21.83
Price / lb	\$1.10	\$0.00	\$1.10
Price per ptn	\$0.87	\$0.00	\$0.87

**PRICE CALCULATION**

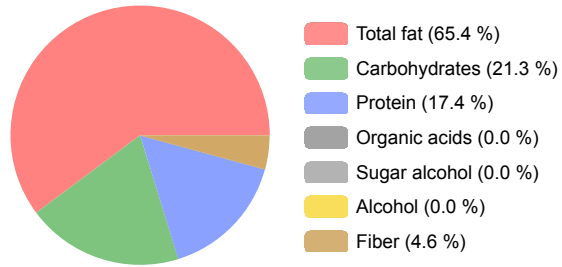
	Portion size	Prices	Ingredients	Margin-%	Margin	Tax sum	Sales price	Tax-%
Mediterranean Summer Salad with Grilled	1.00 lb	Incl. tax	\$1.10	0.00	(\$1.10)	\$0.00	\$0.00	0.00

**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives		% of energy	Calories	Minerals		Vitamins	
<b>Total fat</b>	<b>7.38 g</b>	<b>65.44 %</b>	99.75 kcal	Salt	0.23 g		
Saturated	0.93 g	8.24 %	417.34 kJ	Sodium	0.23 %	Vitamin A	67.97 µg
Monounsaturated	4.66 g	41.36 %		Phosphorus	89.92 mg	Vitamin D	0.00 µg
Polyunsaturated	0.75 g	6.68 %		Potassium	26.90 mg	Thiamine	0.04 mg
Trans fatty acids	0.00 g	0.00 %		Iron	265.54 mg	Riboflavin	0.05 mg
Cholesterol	0.00 mg			Calcium	0.97 mg	Niacin	0.51 mg
Linolenic acid	0.68 g	6.05 %		Zinc	30.05 mg	Vitamin B6	0.10 mg
Alpha-linolenic acid	11.60 mg	0.10 %		Magnesium	0.23 mg	Vitamin B12	0.00 µg
<b>Total Carbohydrate</b>	<b>5.23 g</b>	<b>21.29 %</b>		Iodine	20.71 mg	Folate	0.00 µg
Sugars total	1.26 g			Selenium	0.00 µg	Vitamin C	16.97 mg
Added sugar	0.00 g	0.00 %		Copper	0.23 µg	Vitamin E	1.36 mg
Lactose	0.00 g				0.07 mg	Vitamin K	63.35 µg
Fiber	2.41 g	4.61 %					
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %					
Starch	0.02 g	0.08 %				Others	
Protein	4.27 g	17.38 %				Water	56.84 g
Alcohol	0.00 g	0.00 %					

**PERCENTAGE OF ENERGY**



**CO2**



**0.06 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.