

Grilled Chicken Wraps

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	16.22 oz

Name of ingredient	Capacity measure	EP	Methods
1 Avocado	6.2 ea	2 lb 1.75 oz	Add all of the avocado sauce ingredients to a blender and blend until smooth. Taste and adjust by adding water and salt, as desired. Transfer to a bowl or jar and set aside.
Peppers, jalapeno, raw	6.2 ea	0 lb 4.41 oz	
Cilantro, fresh, chopped	12 1/2 tbsp	0 lb 0.44 oz	
Onions, raw, diced	~ 1 1/2 cup	0 lb 6.95 oz	
Vinegar, white	12 1/2 tbsp	0 lb 6.56 oz	
Water <i>or less, to reach desired consistency</i>	~ 1 1/2 qt	3 lb 2.00 oz	
Salt, kosher, Diamond Crystal <i>more or less, to taste</i>	6 1/4 tsp	0 lb 0.61 oz	



Name of ingredient	Capacity measure	EP	Methods
2 Lime juice, raw	12 1/2 tbsp	0 lb 6.67 oz	In a small bowl, whisk together the lime juice, garlic powder, onion powder, paprika, salt, and pepper.
Spices, garlic powder	6 1/4 tsp	0 lb 0.48 oz	
Spices, onion powder	6 1/4 tsp	0 lb 0.48 oz	
Spices, paprika	6 1/4 tsp	0 lb 0.51 oz	
Salt, kosher, Diamond Crystal	6 1/4 tsp	0 lb 0.61 oz	
Spices, black pepper, ground	3 1/8 tsp	0 lb 0.25 oz	

Name of ingredient	Capacity measure	EP	Methods
3 Vegetable oil	12 1/2 tbsp	0 lb 6.01 oz	Heat the 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.
Hungry Planet Diced Grilled Chicken		6 lb 4.00 oz	

Name of ingredient	Capacity measure	EP	Methods
4 Tortillas, flour, 10"	25.0 ea	3 lb 14.61 oz	To assemble the wraps, place a tortilla on a cutting board and add the lettuce, bell pepper strips, and chicken. Top with cheese and avocado sauce. Seal the sides and roll into a tight wrap. Repeat with the remaining ingredients.
Lettuce, romaine, shredded	1.563 gal	4 lb 2.14 oz	
Peppers, red bell, medium <i>thinly sliced</i>	6.2 ea	1 lb 10.24 oz	
Vegan cheddar cheese, shredded	~ 2 1/8 qt	2 lb 0.84 oz	

Name of ingredient	Capacity measure	EP	Methods
5			If desired, quickly sear the wraps in a hot skillet or grill. Serve with additional sauce.

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	25 lb 5.56 oz	0 %	25 lb 5.56 oz	0 %	25 lb 5.56 oz
Size of portion	16.22 oz		16.22 oz		16.22 oz

COSTS

	Ingredients	Other costs	Total
Total price	\$66.39	\$0.00	\$66.39
Price / lb	\$2.62	\$0.00	\$2.62
Price per ptn	\$2.66	\$0.00	\$2.66

PRICE CALCULATION

	Portion size	Prices	Ingredients	Margin-%	Margin	Tax sum	Sales price	Tax-%
Grilled Chicken Wraps	1.00 lb	Incl. tax	\$2.62	0.00	(\$2.62)	\$0.00	\$0.00	0.00

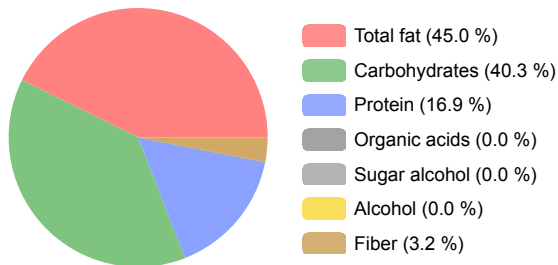
NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy
Total fat	6.70 g	45.05 %
Saturated	2.19 g	14.73 %
Monounsaturated	2.35 g	15.76 %
Polyunsaturated	0.94 g	6.34 %
Trans fatty acids	0.01 g	0.05 %
Cholesterol	0.00 mg	
Linolenic acid	0.71 g	4.80 %
Alpha-linolenic acid	145.82 mg	0.98 %
Total Carbohydrate	13.05 g	40.30 %
Sugars total	1.10 g	
Added sugar	0.00 g	0.00 %
Lactose	0.00 g	
Fiber	2.22 g	3.23 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	6.22 g	19.19 %
Protein	5.47 g	16.90 %
Alcohol	0.00 g	0.00 %

Calories	Minerals			
131.58 kcal 550.54 kJ	Salt	0.84 g		
	Salt	0.84 %	Vitamins	
	Sodium	335.61 mg	Vitamin A	85.93 µg
	Phosphorus	46.28 mg	Vitamin D	0.00 µg
	Potassium	196.47 mg	Thiamine	0.10 mg
	Iron	1.21 mg	Riboflavin	0.05 mg
	Calcium	45.01 mg	Niacin	0.94 mg
	Zinc	0.22 mg	Vitamin B6	0.07 mg
	Magnesium	9.78 mg	Vitamin B12	0.20 µg
	Iodine	0.00 µg	Folate	15.44 µg
	Selenium	3.57 µg	Vitamin C	11.71 mg
	Copper	0.05 mg	Vitamin E	0.77 mg
			Vitamin K	21.25 µg
		Others		
	Water		50.51 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.