

# Hungry Planet Spaghetti & Meatballs

| Recipe group | Additional name | Diet factors | Portions | Portion size |
|--------------|-----------------|--------------|----------|--------------|
| -            |                 |              | 25       | 14.00 oz     |

| Name of ingredient    | Capacity measure | EP            | Methods |
|-----------------------|------------------|---------------|---------|
| 1 <u>Cooked Pasta</u> | 2.273 gal        | 12 lb 8.00 oz |         |

| Name of ingredient | Capacity measure | EP            | Methods |
|--------------------|------------------|---------------|---------|
| 2 <u>Marinara</u>  |                  | 4 lb 11.00 oz |         |

| Name of ingredient                        | Capacity measure | EP            | Methods |
|---|------------------|---------------|---------|
| 3 Hungry Planet Italian Sausage Meatball™ | 75.0 ea          | 4 lb 11.00 oz |         |

## WEIGHTS

|                 | Raw            | Cooking loss | Cooked         | Loss when served | Final          |
|-----------------|----------------|--------------|----------------|------------------|----------------|
| Total weight    | 21 lb 14.00 oz | 0 %          | 21 lb 14.00 oz | 0 %              | 21 lb 14.00 oz |
| Size of portion | 14.00 oz       |              | 14.00 oz       |                  | 14.00 oz       |

## ADDITIONAL INFO

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## MEMO

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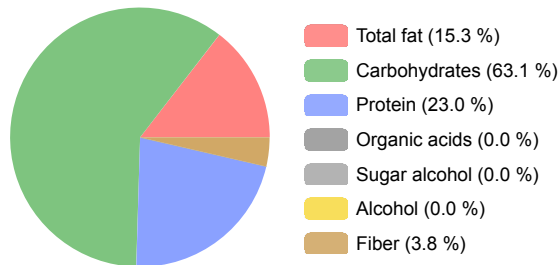
## NUTRITION INFORMATION

supply / 100 g

| Energy nutritives         |                | % of energy    |
|---------------------------|----------------|----------------|
| <b>Total fat</b>          | <b>1.96 g</b>  | <b>15.28 %</b> |
| Saturated                 | 0.18 g         | 1.41 %         |
| Monounsaturated           | 0.69 g         | 5.33 %         |
| Polyunsaturated           | 0.22 g         | 1.68 %         |
| Trans fatty acids         | 0.00 g         | 0.00 %         |
| Cholesterol               | 0.00 mg        |                |
| Linolenic acid            | 0.20 g         | 1.58 %         |
| Alpha-linolenic acid      | 4.85 mg        | 0.04 %         |
| <b>Total Carbohydrate</b> | <b>17.67 g</b> | <b>63.14 %</b> |
| Sugars total              | 1.37 g         |                |
| Added sugar               | 0.00 g         | 0.00 %         |
| Lactose                   | 0.00 g         |                |
| Fiber                     | 2.27 g         | 3.81 %         |
| Organic acids             | 0.00 g         | 0.00 %         |
| Sugar alcohol             | 0.00 g         | 0.00 %         |
| Starch                    | 11.90 g        | 42.53 %        |
| Protein                   | 6.43 g         | 22.99 %        |
| Alcohol                   | 0.00 g         | 0.00 %         |

| Calories    | Minerals   |           | Vitamins    |          |
|-------------|------------|-----------|-------------|----------|
| 113.71 kcal | Salt       | 0.43 g    |             |          |
| 475.77 kJ   | Salt       | 0.43 %    |             |          |
|             | Sodium     | 170.04 mg | Vitamin A   | 4.45 µg  |
|             | Phosphorus | 43.47 mg  | Vitamin D   | 0.00 µg  |
|             | Potassium  | 232.12 mg | Thiamine    | 0.18 mg  |
|             | Iron       | 1.71 mg   | Riboflavin  | 0.09 mg  |
|             | Calcium    | 33.60 mg  | Niacin      | 1.62 mg  |
|             | Zinc       | 0.33 mg   | Vitamin B6  | 0.05 mg  |
|             | Magnesium  | 14.73 mg  | Vitamin B12 | 0.00 µg  |
|             | Iodine     | 0.00 µg   | Folate      | 41.74 µg |
|             | Selenium   | 12.19 µg  | Vitamin C   | 1.89 mg  |
|             | Copper     | 0.11 mg   | Vitamin E   | 0.48 mg  |
|             |            |           | Vitamin K   | 1.65 µg  |
|             |            |           | Others      |          |
|             |            |           | Water       | 58.20 g  |

## 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.

# Cooked Pasta

| Recipe group | Additional name | Diet factors | Total weight  |
|--------------|-----------------|--------------|---------------|
| -            |                 |              | 12 lb 8.00 oz |

| Name of ingredient               | Capacity measure | EP           | Methods  |
|----------------------------------|------------------|--------------|--|
| 1 Pasta, dry, enriched           | 4 lb 2.56 oz     |              | Cook pasta according to package directions.                          |
| Beverages, water, tap, municipal | 1.04 gal         | 8 lb 5.13 oz | NOTE: use AP measurement of water and kosher salt to cook the pasta. |
| Salt, kosher, Diamond Crystal    | 1 tbsp           | 0 lb 0.31 oz |  |

## WEIGHTS

|                 | Raw           | Cooking loss | Cooked        | Loss when served | Final         |
|-----------------|---------------|--------------|---------------|------------------|---------------|
| Total weight    | 12 lb 8.00 oz | 0 %          | 12 lb 8.00 oz | 0 %              | 12 lb 8.00 oz |
| Size of portion | 12 lb 8.00 oz |              | 12 lb 8.00 oz |                  | 12 lb 8.00 oz |

## ADDITIONAL INFO

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## MEMO

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# Marinara

| Recipe group | Additional name | Diet factors | Total weight  |
|--------------|-----------------|--------------|---------------|
| -            |                 |              | 4 lb 11.00 oz |

| Name of ingredient             | Capacity measure | EP           | Methods   |
|--------------------------------|------------------|--------------|---|
| 1 Oil, olive, salad or cooking | 6 1/2 tbsp       | 0 lb 3.08 oz | In a saucepot, heat oil and add garlic, onion, and oregano and saute until golden, about 3-5 minutes. |
| Garlic, raw, chopped           | 2 tbsp           | 0 lb 0.59 oz |   |
| Onions, raw, diced             | 1 cup            | 0 lb 4.11 oz |   |
| Spices, oregano, dried         | 5 1/2 tsp        | 0 lb 0.15 oz |   |

| Name of ingredient                                | Capacity measure | EP           | Methods  |
|---|------------------|--------------|--|
| 2 Tomato products, canned, puree, with salt added | 1 5/8 qt         | 3 lb 9.03 oz | Add tomato puree, fennel seeds, vegetable stock, salt, and pepper. Simmer slowly for 20 minutes. |
| Spices, fennel seed                               | 1 7/8 tsp        | 0 lb 0.15 oz |  |
| Vegetable broth                                   | 1 1/4 cup        | 0 lb 9.51 oz |  |
| Salt, kosher, Diamond Crystal                     | 1 3/8 tsp        | 0 lb 0.14 oz |  |
| Spices, pepper, black                             | 1/2 tsp          | 0 lb 0.04 oz |  |

| Name of ingredient      | Capacity measure | EP           | Methods                            |
|-------------------------|------------------|--------------|------------------------------------|
| 3 Basil, fresh, chopped | 2 1/3 tbsp       | 0 lb 0.21 oz | Add fresh chopped basil and serve. |

## WEIGHTS

|                 | Raw           | Cooking loss | Cooked        | Loss when served | Final         |
|-----------------|---------------|--------------|---------------|------------------|---------------|
| Total weight    | 4 lb 11.00 oz | 0 %          | 4 lb 11.00 oz | 0 %              | 4 lb 11.00 oz |
| Size of portion | 4 lb 11.00 oz |              | 4 lb 11.00 oz |                  | 4 lb 11.00 oz |

## ADDITIONAL INFO

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## MEMO

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