



Hungry Planet Chorizo™ Black Bean and Sweet Potato Burrito

Recipe group	Additional name	Diet factors	Portions	Portion size
SANDWICHES	RDS		25	5.34 oz


	Name of ingredient	Capacity measure	EP	Methods
1	Oil, canola	~ 1/4 cup	0 lb 2.07 oz	Mix diced sweet potatoes with the first quantity of oil in a 400°F oven for 12-15 minutes or until soft.
	Sweet potato, raw, unprepared <i>peeled and diced</i>	1 cup	0 lb 5.02 oz	
2	Oil, canola	~ 1/4 cup	0 lb 2.07 oz	Heat a second quantity of oil, and saute peppers and red onion, until softened.
	Peppers, red bell, chopped <i>Diced</i>	1 2/3 pt	1 lb 1.22 oz	
	Onions, red <i>Diced</i>	1 1/4 cup	0 lb 8.61 oz	
3	Oil, canola	~ 1/4 cup	0 lb 2.07 oz	Heat the last quantity of oil, add chorizo and cook until browned. Add chili powder, garlic powder, cumin, and salt and mix well.
	Hungry Planet Chorizo™ <i>thawed, highly chilled</i>		1 lb 6.96 oz	
	Spices, chili powder	~ 1 1/4 tbsp	0 lb 0.27 oz	
	Spices, garlic powder	2 1/3 tsp	0 lb 0.18 oz	
	Cumin, ground	~ 1 3/8 tsp	0 lb 0.10 oz	
	Salt, kosher, Diamond Crystal	~ 1 3/8 tsp	0 lb 0.14 oz	

Name of ingredient	Capacity measure	EP	Methods
4 Beans, black, canned	~ 1 1/2 cup	0 lb 12.15 oz	Heat flour tortillas, fill with sweet potatoes, peppers, and onions. Add Hungry Planet Chorizo™, black beans, mixed grains, toasted cumin seeds, diced vegan egg, and salsa. Roll up tortilla into burrito and serve hot.
Mixed grains, medium-grain, cooked	~ 1/4 cup	0 lb 1.84 oz	
Spices, cumin seed, toasted	~ 1 tsp	0 lb 0.08 oz	
Vegan egg, cooked, diced	~ 1 pt	0 lb 9.09 oz	
Sauce, salsa, ready-to-serve	~ 1 cup	0 lb 9.83 oz	
Tortillas, flour, 8"	22.7 ea	2 lb 7.77 oz	

RECIPE IMAGES



ALLERGENS

 SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 5.47 oz	0 %	8 lb 5.47 oz	0 %	8 lb 5.47 oz
Size of portion	5.34 oz		5.34 oz		5.34 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Calories	Minerals		Vitamins	
Total fat	7.07 g	35.01 %	178.61 kcal 747.33 kJ	Salt	1.15 g		
Saturated	0.74 g	3.64 %		Salt	1.15 %		
Monounsaturated	4.11 g	20.36 %	Sodium	457.82 mg	Vitamin A	52.49 µg	
Polyunsaturated	2.00 g	9.92 %	Phosphorus	90.52 mg	Vitamin D	0.11 µg	
Trans fatty acids	0.02 g	0.11 %	Potassium	260.55 mg	Thiamine	0.19 mg	
Cholesterol	0.00 mg		Iron	2.18 mg	Riboflavin	0.09 mg	
Linolenic acid	1.45 g	7.19 %	Calcium	84.92 mg	Niacin	1.60 mg	
Alpha-linolenic acid	426.52 mg	2.11 %	Zinc	0.38 mg	Vitamin B6	0.10 mg	
Total Carbohydrate	21.08 g	47.95 %	Magnesium	16.20 mg	Vitamin B12	0.02 µg	
Sugars total	2.24 g		Iodine	0.00 µg	Folate	29.80 µg	
Added sugar	0.00 g	0.00 %	Selenium	9.67 µg	Vitamin C	17.47 mg	
Lactose	0.00 g		Copper	0.08 mg	Vitamin E	1.63 mg	
Fiber	3.13 g	3.35 %			Vitamin K	6.06 µg	
Organic acids	0.00 g	0.00 %					
Sugar alcohol	0.00 g	0.00 %			Others		
Starch	12.46 g	28.33 %			Water	50.65 g	
Protein	7.19 g	16.35 %					
Alcohol	0.00 g	0.00 %					

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.



Chef Ron DeSantis, CMC
Chief Culinary Officer, Hungry Planet

ron@hungryplanet.us | +1.203.415.9191
hungryplanetfoods.com /hungryplanetfoods