



# Hungry Planet Chorizo™ Breakfast Tacos (Plant-based, Vegan, Vegetarian)

Recipe group	Additional name	Diet factors	Portions	Portion size
-			20	7.11 oz

Name of ingredient	Capacity measure	EP	Methods
1 Vegetable oil	6 2/3 tbsp	0 lb 3.20 oz	Warm the vegetable oil in a skillet over medium-high heat. When shimmering, add the onion and chorizo. Season with salt and cook, stirring occasionally, until the chorizo is browned. Transfer to a bowl and set aside.
Onions, finely chopped	1 2/3 cup	0 lb 7.42 oz	
Hungry Planet Chorizo™		2 lb 8.00 oz	
Salt, kosher, Diamond Crystal	1 2/3 tsp	0 lb 0.16 oz	

Name of ingredient	Capacity measure	EP	Methods
2 Vegan egg, Just brand	2 1/4 qt	2 lb 8.00 oz	In the same skillet, scramble the JUST Egg. Transfer to a separate bowl.

Name of ingredient	Capacity measure	EP	Methods
3 Tortillas, flour, 8" <i>Taco-sized</i>	20.0 ea	2 lb 3.00 oz	If desired, place a damp paper towel over the tortillas and warm in an oven for a few minutes or microwave in 10-second increments until warmed through.

Name of ingredient	Capacity measure	EP	Methods
4 Vegan cheddar cheese, shredded	~ 1 qt	1 lb 0.46 oz	Taco assembly: Place a scoop of the onion & chorizo mixture in each tortilla, followed by the scrambled eggs. Top with shredded cheese. If desired, place the tacos in an oven just until the cheese is melted.

Name of ingredient	Capacity measure	EP	Methods
5			Garnish tacos with your favorite toppings – salsa, avocado, jalapeño, and/or cilantro are all good options!

## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 14.25 oz	0 %	8 lb 14.25 oz	0 %	8 lb 14.25 oz
Size of portion	7.11 oz		7.11 oz		7.11 oz

**COSTS**

	Ingredients	Other costs	Total
Total price	\$39.02	\$0.00	\$39.02
Price / lb	\$4.39	\$0.00	\$4.39
Price per ptn	\$1.95	\$0.00	\$1.95

**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives	% of energy	Calories	Minerals	
<b>Total fat</b>	<b>6.78 g</b>	<b>33.67 %</b>	178.19 kcal	Salt 1.13 g
Saturated	2.90 g	14.40 %	745.54 kJ	Salt 1.13 %
Monounsaturated	2.36 g	11.72 %		Sodium 450.43 mg
Polyunsaturated	1.16 g	5.78 %		Phosphorus 74.17 mg
Trans fatty acids	0.01 g	0.06 %		Potassium 263.34 mg
Cholesterol	0.00 mg			Iron 2.40 mg
Linolenic acid	0.86 g	4.28 %		Calcium 95.04 mg
Alpha-linolenic acid	205.81 mg	1.02 %		Zinc 0.42 mg
<b>Total Carbohydrate</b>	<b>18.02 g</b>	<b>41.08 %</b>		Magnesium 9.91 mg
Sugars total	1.44 g			Iodine 0.00 µg
Added sugar	0.00 g	0.00 %		Selenium 17.03 µg
Lactose	0.00 g			Copper 0.04 mg
<b>Fiber</b>	<b>2.37 g</b>	<b>2.54 %</b>		
Organic acids	0.00 g	0.00 %		
Sugar alcohol	0.00 g	0.00 %		
Starch	9.89 g	22.55 %		
<b>Protein</b>	<b>9.90 g</b>	<b>22.58 %</b>		
<b>Alcohol</b>	<b>0.00 g</b>	<b>0.00 %</b>		
				<b>Others</b>
				Water 37.09 g
				Vitamins
				Vitamin A 3.09 µg
				Vitamin D 0.45 µg
				Thiamine 0.16 mg
				Riboflavin 0.14 mg
				Niacin 1.08 mg
				Vitamin B6 0.05 mg
				Vitamin B12 0.38 µg
				Folate 24.61 µg
				Vitamin C 0.53 mg
				Vitamin E 1.05 mg
				Vitamin K 2.72 µg



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CO2



0.10 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.