

Hungry Planet™ Chorizo Chipotle bowl

Recipe group	Additional name	Diet factors	Portions	Portion size
-			175	12.12 oz

1 HUNGRY PLANET CHORIZO™

Name of ingredient	Capacity measure	EP	Methods
Oil, olive	2 3/4 qt	5 lb 3.33 oz	HUNGRY PLANET™ CHORIZO Heat oil over medium high heat. Break chorizo into smaller crumble and, in small batches, sear for 2-4 minutes. Remove and hold warm.
Hungry Planet Chorizo™		32 lb 13.00 oz	

2 CILANTRO AND LIME RICE

Name of ingredient	Capacity measure	EP	Methods
Olive oil, extra virgin	1.367 gal	10 lb 6.67 oz	CILANTRO LIME RICE Heat oil over medium heat. Add rice and garlic powder and a pinch of salt and stir to coat rice in oil. Fill with water so it covers the rice by roughly half an inch and add lime zest. Bring to a simmer, cover and cook for 10 minutes. Turn off heat and allow to steam with the cover on for another 10 minutes. Add cilantro and lime juice and gently mix to combine. Taste for seasoning.
Rice, white, basmati, raw, enriched	2.734 gal	17 lb 13.50 oz	
Spices, garlic powder	~ 2 pt	0 lb 13.49 oz	
Lime zest	87.5 ea	1 lb 2.52 oz	
Lime juice, raw	2 3/4 qt	5 lb 13.37 oz	
Cilantro, fresh, chopped	1.367 gal	0 lb 12.35 oz	


3 CHIPOTLE BOWL

Name of ingredient	Capacity measure	EP	Methods
PACE, Cilantro Chunky Salsa		14,884 g	CHIPOTLE BOWL Assemble bowl: arrange lime cilantro rice, corn, beans, rice, Hungry Planet™ Chorizo and salsa in bowl and top with a sprinkle of cheese. Serve warm or at room temperature.
Corn, canned	1.367 gal	6 lb 8.94 oz	
Black beans, cooked	1.367 gal	8 lb 4.72 oz	
Lettuce, romaine, shredded	2.734 gal	7 lb 3.74 oz	
Vegan cheese, shredded	2 3/4 qt	2 lb 11.75 oz	

RECIPE IMAGES



ALLERGENS

 SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	132 lb 8.37 oz	0 %	132 lb 8.37 oz	0 %	132 lb 8.37 oz
Size of portion	12.12 oz		12.12 oz		12.12 oz

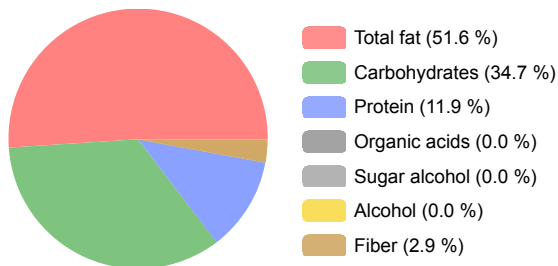
NUTRITION INFORMATION

supply / 100 g

Energy nutritives		RDI	% of energy
Total fat	12.47 g	16 %	51.63 %
Saturated	2.10 g	11 %	8.71 %
Monounsaturated	8.65 g		35.80 %
Polyunsaturated	1.31 g		5.41 %
Trans fatty acids	0.00 g		0.00 %
Cholesterol	0.00 mg	0 %	
Linolenic acid	1.20 g		4.97 %
Alpha-linolenic acid	0.97 mg		0.00 %
Total Carbohydrate	18.26 g	7 %	34.73 %
Sugars total	1.86 g	4 %	
Added sugar	0.00 g	0 %	0.00 %
Lactose	0.00 g		
Fiber	3.27 g	12 %	2.92 %
Organic acids	0.00 g		0.00 %
Sugar alcohol	0.00 g		0.00 %
Starch	0.65 g		1.23 %
Protein	6.25 g	12 %	11.88 %
Alcohol	0.00 g		0.00 %

Calories	RDI	Minerals	RDI	Vitamins	RDI		
213.59 kcal	11 %	Salt	0.87 g				
893.64 kJ		Salt	0.87 %				
		Sodium	348.94 mg	15 %	Vitamin A	25.85 µg	3 %
		Phosphorus	32.44 mg	3 %	Vitamin D	0.00 µg	0 %
		Potassium	222.60 mg	5 %	Thiamine	0.10 mg	8 %
		Iron	1.83 mg	10 %	Riboflavin	0.02 mg	2 %
		Calcium	40.01 mg	3 %	Niacin	0.68 mg	4 %
		Zinc	0.25 mg	2 %	Vitamin B6	0.05 mg	3 %
		Magnesium	8.83 mg	2 %	Vitamin B12	0.05 µg	2 %
		Iodine	0.00 µg	0 %	Folate	30.03 µg	8 %
		Selenium	2.33 µg	4 %	Vitamin C	1.81 mg	2 %
		Copper	0.06 mg	7 %	Vitamin E	1.80 mg	12 %
					Vitamin K	14.75 µg	12 %
				Others			
				Water			41.33 g

PERCENTAGE OF ENERGY



CO2



0.14 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.