

Hungry Planet Breakfast Sausage and Egg Sandwich

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	8.38 oz

Name of ingredient	Capacity measure	EP	Methods
1 Hungry Planet Breakfast Sausage	~ 1 1/2 qt	3 lb 2.00 oz	Heat Hungry Planet breakfast sausage according to package instructions.
Vegan cheddar cheese, slices	25.0 ea	1 lb 1.64 oz	Top with vegan cheddar cheese, cover to melt cheese quickly.

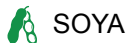
Name of ingredient	Capacity measure	EP	Methods
2 Vegan egg	2 7/8 qt	3 lb 2.00 oz	Cook egg according to instructions.

3 RED-EYE AIOLI

Name of ingredient	Capacity measure	EP	Methods
Vegan Mayonnaise	~ 1 1/2 pt	1 lb 10.46 oz	RED-EYE AIOLI
Beverages, coffee, instant, regular, powder	1/2 cup	0 lb 0.83 oz	Combine ingredients for Red Eye Aioli.
Sugars, brown	~ 1 5/8 tsp	0 lb 1.07 oz	

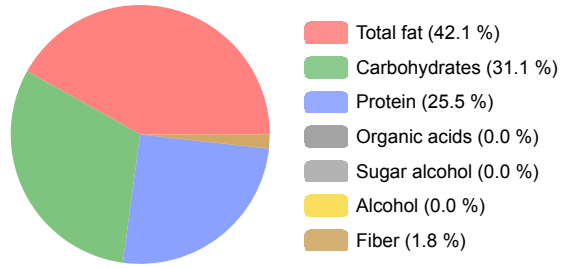
Name of ingredient	Capacity measure	EP	Methods
4 English muffins, whole grain white <i>Split and toasted</i>	25.0 ea	3 lb 14.50 oz	Place Hungry Planet breakfast sausage with melted cheese on toasted english muffin. Top with vegan egg.
Onion, scallion	~ 1/2 cup	0 lb 1.04 oz	Top with red eye aioli. Top with scallions and english muffin.

ALLERGENS



SOYA

PERCENTAGE OF ENERGY



CO2



0.09 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.