

Cold Miso Sesame Noodle Salad - 1852

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	12.18 oz

1 SAUCE

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
22 tbsp	0 lb 12.30 oz	0%	0 lb 12.30 oz	Soy sauce, low sodium	Prepare the sauce: In a medium bowl, combine the miso, 2 Tablespoons of soy sauce or tamari, rice vinegar, toasted sesame oil, brown sugar, peanut butter, and grated ginger. Mash the miso with a fork until slightly broken down and mix everything together until the sauce is homogenous. Taste and adjust seasonings as desired. The sauce should be fairly thick and concentrated.		
~ 1 1/2 pt	1 lb 14.31 oz	0%	1 lb 14.31 oz	Miso			
19 tbsp	0 lb 9.84 oz	0%	0 lb 9.84 oz	Vinegar, Rice			
31 1/4 tsp	0 lb 5.01 oz	0%	0 lb 5.01 oz	Oil, sesame			
31 1/4 tsp	0 lb 5.05 oz	0%	0 lb 5.05 oz	Brown sugar, packed			
6 1/4 tbsp	0 lb 3.55 oz	0%	0 lb 3.55 oz	Peanut butter, smooth style			
~ 2 tbsp	0 lb 0.44 oz	0%	0 lb 0.44 oz	Ginger root, raw			
6 1/4 tsp	0 lb 0.35 oz	0%	0 lb 0.35 oz	Red pepper flakes			

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
	4 lb 11.00 oz	0%	4 lb 11.00 oz	Hungry Planet Chicken™	Prepare the chicken: In a medium bowl, add the ground Hungry Planet Chicken, 2 green onions, soy sauce, garlic, sesame oil, and half of the sesame seeds. Warm a medium-sized nonstick skillet and 2 tablespoons vegetable oil over medium-high heat. When the oil is hot, add the shiitake mushrooms and red pepper flakes. Season with a pinch of salt and cook until the mushrooms release their water and crisp up a bit. Add the red bell pepper and cook for another 2 minutes. Transfer the vegetables to a bowl with the raw cucumber and set aside. Add the chicken mixture to the hot pan and cook, breaking the mixture up with a spatula, until chicken pieces are lightly browned and crispy.		
6.2 ea	1 lb 10.24 oz	0%	1 lb 10.24 oz	Peppers red bell, medium, thinly sliced			
12 1/2 tbsp	0 lb 3.91 oz	0%	0 lb 3.91 oz	Seeds, sesame seeds, whole, roasted and toasted			
1 1/4 cup	0 lb 3.13 oz	0%	0 lb 3.13 oz	Green onions, tops only, chopped			
	1 lb 9.00 oz	0%	1 lb 9.00 oz	Mushrooms, shiitake, raw, sliced			
~ 1 5/8 qt	1 lb 13.32 oz	0%	1 lb 13.32 oz	Cucumber, chopped			
3 qt	4 lb 11.00 oz	0%	4 lb 11.00 oz	Rice noodles, cooked			

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods	Dividing weight	Dividing capacity
					Assembly: Drain the rice noodles and rinse them under cold water. In a large bowl, add the noodles, vegetables, and chicken. Spoon in the sauce, a little at a time, and gently toss the mixture until everything is coated in the sauce (you may not end up using all of the sauce). Divide the noodles into bowls and top with the reserved green onion and sesame seeds. Serve chilled or room temperature		

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	19 lb 0.45 oz	0 %	19 lb 0.45 oz	0 %	19 lb 0.45 oz
Size of portion	12.18 oz		12.18 oz		12.18 oz

ADDITIONAL INFO

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MEMO

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COSTS

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

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	RI	Calories	RI	Minerals		RI	Vitamins	
Total fat	4.48 g	33.08 %	6 %	119.72 kcal	6 %	Salt	1.53 g	26 %		
Saturated	0.55 g	4.09 %	3 %	500.93 kJ		Salt	1.53 %		Vitamin A	16.37 µg
Monounsaturated	1.31 g	9.67 %		0.50 MJ		Sodium	611.07 mg		Vitamin D	0.03 µg
Polyunsaturated	1.41 g	10.39 %				Phosphorus	53.52 mg		Thiamine	0.04 mg
Trans	0.00 g	0.01 %				Potassium	177.06 mg		Riboflavin	0.07 mg
Cholesterol	0.00 mg					Iron	1.07 mg		Niacin	0.78 mg
Linolenic acid	1.35 g					Calcium	36.28 mg		Vitamin B6	0.10 mg
Alpha-linolenic acid	0.53 mg					Zinc	0.60 mg		Vitamin B12	0.01 µg
Total Carbohydrate	13.78 g	46.78 %	5 %			Magnesium	19.08 mg		Folate	0.00 µg
Sugars	3.11 g	-0.62 %	3 %			Iodine	0.00 µg		Vitamin C	11.46 mg
Sugar	0.00 g					Selenium	2.84 µg		Vitamin E	0.30 mg
Lactose	0.00 g					Copper	0.11 mg		Vitamin K	5.87 µg
Fiber	2.18 g	3.48 %								
Organic acids	0.00 g	0.00 %							Others	
Sugar alcohol	0.00 g	0.00 %							Water	54.34 g
Starch	0.05 g	0.17 %								
Protein	6.61 g	22.42 %	13 %							
Alcohol	0.00 g	0.00 %								

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.