

# Chicken and Dumplings - 1886

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	27.50 oz

Capacity measure	EP	Trim loss	AP	Name of ingredient
1	1,500 g	0%	1,500 g	Bisquick, vegan biscuit, dry mix
~ 1 qt	2 lb 3.50 oz	0%	2 lb 3.50 oz	Milk, imitation, oat
12 1/2 tbsp	0 lb 1.96 oz	0%	0 lb 1.96 oz	Green onions, tops only, chopped

## DUMPLINGS

In a small mixing bowl, add Bisquick mix, oat milk and green onion. Mix until well incorporated and set aside.

Capacity measure	EP	Trim loss	AP	Name of ingredient	
2	18 3/4 tbsp	0 lb 9.26 oz	0%	0 lb 9.26 oz	Vegan butter
~ 1 1/8 qt	1 lb 7.44 oz	0%	1 lb 7.44 oz	Carrots, peeled, diced	
~ 1 1/2 pt	0 lb 11.13 oz	0%	0 lb 11.13 oz	Celery, diced	
~ 1 1/8 qt	1 lb 4.86 oz	0%	1 lb 4.86 oz	Onions, raw, diced	
	1 lb 2.75 oz	0%	1 lb 2.75 oz	Mushrooms, brown, italian, or crimini, raw, diced	
3 1/8 qt	3 lb 14.50 oz	0%	3 lb 14.50 oz	Potatoes, peeled, diced	
2.734 gal	24 lb 0.27 oz	0%	24 lb 0.27 oz	Chicken broth, vegan, ready-to-serve	
~ 1/3 cup	0 lb 0.06 oz	0%	0 lb 0.06 oz	Thyme, fresh, chopped	
~ 1 cup	0 lb 1.00 oz	0%	0 lb 1.00 oz	Sage, fresh, chopped	
	3 lb 14.50 oz	0%	3 lb 14.50 oz	Hungry Planet Diced Grilled Chicken	
12 1/2 tsp	0 lb 1.22 oz	0%	0 lb 1.22 oz	Salt, kosher, Diamond Crystal	
3 1/8 tsp	0 lb 0.25 oz	0%	0 lb 0.25 oz	Spices, black pepper, ground	
12 1/2 tbsp	0 lb 1.96 oz	0%	0 lb 1.96 oz	Green onions, tops only, chopped	

## SOUP BASE

Heat a medium sized stock pot on medium high heat and add butter. Once hot, add carrots, onions, celery, and mushrooms. Cook for 5 minutes, stirring occasionally. Add potatoes, broth, thyme, and sage. Cover and cook for 20 minutes on medium heat. After 20 minutes, add Hungry Planet Grilled and Diced Chicken. Spoon 1/4 cup sized dumplings on top of broth. Cover and cook an additional 8 minutes or until dumplings are cooked through. Add salt and pepper, and adjust seasoning to taste.  
To serve, spoon into bowls, and top with chopped green onions.

## ALLERGENS



## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	42 lb 15.57 oz	0 %	42 lb 15.57 oz	0 %	42 lb 15.57 oz
Size of portion	27.50 oz		27.50 oz		27.50 oz

## ADDITIONAL INFO

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## MEMO

**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives		RDI	% of energy
<b>Total fat</b>	<b>2.81 g</b>	<b>4 %</b>	<b>39.62 %</b>
Saturated	0.62 g	3 %	8.71 %
Monounsaturated	1.18 g		16.64 %
Polyunsaturated	0.47 g		6.62 %
Trans	0.00 g		0.00 %
Cholesterol	1.27 mg		
Linolenic acid	0.22 g		
Alpha-linolenic acid	0.17 mg		
<b>Total Carbohydrate</b>	<b>6.80 g</b>	<b>2 %</b>	<b>44.13 %</b>
Sugars total	1.79 g	4 %	
Added sugar	0.00 g		0.00 %
Sugar	0.00 g		
Lactose	0.00 g		
<b>Fiber</b>	<b>0.62 g</b>		<b>1.89 %</b>
Organic acids	0.00 g		0.00 %
Sugar alcohol	0.00 g		0.00 %
Starch	0.05 g		0.32 %
<b>Protein</b>	<b>2.58 g</b>	<b>5 %</b>	<b>16.75 %</b>
<b>Alcohol</b>	<b>0.00 g</b>		<b>0.00 %</b>

Calories	RI	Minerals	RI
3 %	62.65 kcal	Salt	1.06 g
	262.12 kJ	Salt	1.06 %
	0.26 MJ	Sodium	422.12 mg
		Phosphorus	58.44 mg
		Potassium	89.31 mg
		Iron	0.46 mg
		Calcium	27.96 mg
		Zinc	0.14 mg
		Magnesium	3.91 mg
		Iodine	0.00 µg
		Selenium	1.63 µg
		Copper	0.04 mg

Vitamins	
Vitamin A	33.91 µg
Vitamin D	0.06 µg
Thiamine	0.06 mg
Riboflavin	0.09 mg
Niacin	0.63 mg
Vitamin B6	0.02 mg
Vitamin B12	0.04 µg
Folate	7.00 µg
Vitamin C	0.78 mg
Vitamin E	0.06 mg
Vitamin K	4.77 µg

Others	
Water	70.45 g

**CO2**



**0.02 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.