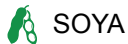


Hungry Planet Breakfast Burrito

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	13.72 oz

	Name of ingredient	Capacity measure	EP	Methods
1	Oil, canola	19 tbsp	0 lb 9.02 oz	In a large skillet, over medium-high heat, add 3 tablespoons of oil. Once hot, add in diced potatoes, and cook for 8 minutes. Next add your onions, and bell peppers and cook for an additional 3 minutes, or until sweet potatoes are golden brown and cooked through.
	Sweet potato, cubed	3 1/8 qt	3 lb 10.75 oz	
	Peppers, green bell, chopped	~ 1 1/2 qt	2 lb 0.85 oz	
	Onions, raw, diced	~ 1 1/2 pt	0 lb 13.91 oz	
2	Hungry Planet Breakfast Sausage, chopped	~ 1 1/2 qt	3 lb 2.00 oz	Once vegetables are cooked, add in the cumin, breakfast sausage, and salt. Cook about 4 minutes or until thoroughly heated.
	Cumin, ground	6 1/4 tbsp	0 lb 1.30 oz	
	Salt, kosher, Diamond Crystal	12 1/2 tsp	0 lb 1.22 oz	
3	Vegan egg, Just brand	2 1/8 qt	2 lb 5.50 oz	Add, Just Egg and cheese to the sausage mixture and cook for another 4 minutes stirring constantly.
	Vegan cheddar cheese, shredded	~ 1 1/8 qt	1 lb 2.75 oz	
4	Tortillas, flour, 10"	25.0 ea	3 lb 14.61 oz	To assemble, spoon equal amounts of breakfast scramble on top of flour tortillas, add ¼ cup of salsa to each, and freshly chopped parsley to garnish.
	Sauce, salsa, ready-to-serve	~ 1 1/2 qt	3 lb 9.10 oz	

ALLERGENS



SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	21 lb 7.01 oz	0 %	21 lb 7.01 oz	0 %	21 lb 7.01 oz
Size of portion	13.72 oz		13.72 oz		13.72 oz

ADDITIONAL INFO

-

MEMO

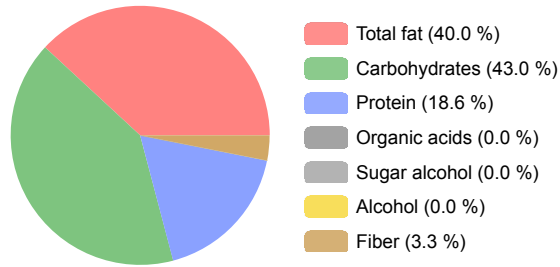
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NUTRITION INFORMATION

supply / 100 g

Energy nutritives	RDI	% of energy	Calories	RDI	Minerals	RDI	Vitamins		
Total fat	8 %	39.96 %	129.56 kcal	6 %	Salt	1.15 g			
Saturated	8 %	10.78 %	542.09 kJ		Salt	1.15 %			
Monounsaturated		16.49 %			Sodium	459.67 mg	20 %	Vitamin A	20.31 µg 2 %
Polyunsaturated		7.96 %			Phosphorus	57.80 mg	5 %	Vitamin D	0.17 µg 1 %
Trans fatty acids		0.08 %			Potassium	213.74 mg	5 %	Thiamine	0.12 mg 10 %
Cholesterol	0 %				Iron	1.62 mg	9 %	Riboflavin	0.08 mg 6 %
Linolenic acid		5.80 %			Calcium	66.75 mg	5 %	Niacin	1.08 mg 7 %
Alpha-linolenic acid		1.64 %			Zinc	0.29 mg	3 %	Vitamin B6	0.08 mg 5 %
Total Carbohydrate	5 %	42.97 %			Magnesium	10.92 mg	3 %	Vitamin B12	0.17 µg 7 %
Sugars total	4 %				Iodine	0.00 µg	0 %	Folate	18.25 µg 5 %
Added sugar	0 %	0.00 %			Selenium	8.71 µg	16 %	Vitamin C	12.93 mg 14 %
Lactose					Copper	0.04 mg	4 %	Vitamin E	1.17 mg 8 %
Fiber	8 %	3.29 %						Vitamin K	3.89 µg 3 %
Organic acids		0.00 %							
Sugar alcohol		0.00 %							
Starch		23.01 %						Others	
Protein	12 %	18.60 %						Water	42.77 g
Alcohol		0.00 %							

PERCENTAGE OF ENERGY



CO2



0.06 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.