

Hungry Planet Breakfast Sandwich with Maple Aioli

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	5.76 oz

1 MAPLE AIOLI

Name of ingredient	Capacity measure	EP	Methods
Vegan Mayonnaise	~ 1 1/2 cup	0 lb 13.23 oz	MAPLE AIOLI Whisk vegan mayonnaise, maple syrup, and cayenne pepper together. Refrigerate for 1 hour.
Syrups, maple	6 1/4 tbsp	0 lb 4.34 oz	
Spices, pepper, red or cayenne	~ 3/4 tsp	0 lb 0.05 oz	

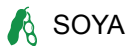
Name of ingredient	Capacity measure	EP	Methods
2 Oil, canola	12 1/2 tsp	0 lb 2.01 oz	Lightly brown Hungry Planet breakfast sausage patties in oil.
Hungry Planet Breakfast Sausage	~ 1 1/2 pt	1 lb 9.00 oz	

Name of ingredient	Capacity measure	EP	Methods
3 Vegan egg, Just brand	~ 1 5/8 qt	1 lb 11.56 oz	Cook the egg in the vegan butter. Top with sausage patty and the cheese. Cover and heat until cheese is melted.
Vegan butter	1/2 cup	0 lb 4.00 oz	
Vegan cheddar cheese, slices	25.0 ea	1 lb 1.64 oz	

4 ASSEMBLY

Name of ingredient	Capacity measure	EP	Methods
English muffins, toasted	25.0 ea	3 lb 2.27 oz	ASSEMBLY Place sausage, egg, cheese on muffin bottom. Top with Maple Aioli and muffin top.

ALLERGENS



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	9 lb 0.08 oz	0 %	9 lb 0.08 oz	0 %	9 lb 0.08 oz
Size of portion	5.76 oz		5.76 oz		5.76 oz

ADDITIONAL INFO

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MEMO

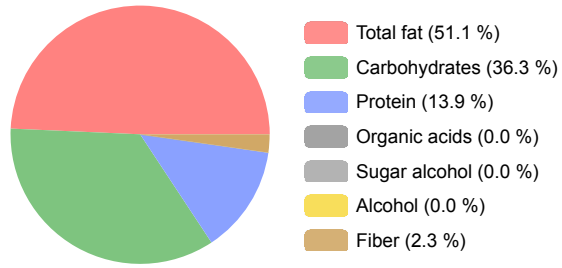
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NUTRITION INFORMATION

supply / 100 g

Energy nutritives	RDI	% of energy	Calories	RDI	Minerals	RDI	Vitamins	RDI	
Total fat	14.17 g	18 %	245.26 kcal	12 %	Salt	0.82 g			
Saturated	4.35 g	22 %	1,026.18 kJ		Salt	0.82 %	Vitamin A	2.81 µg 0 %	
Monounsaturated	3.28 g				Sodium	327.38 mg	14 %	Vitamin D	0.31 µg 2 %
Polyunsaturated	5.11 g				Phosphorus	51.26 mg	4 %	Thiamine	0.18 mg 15 %
Trans fatty acids	0.01 g				Potassium	216.81 mg	5 %	Riboflavin	0.21 mg 16 %
Cholesterol	0.00 mg	0 %			Iron	1.89 mg	10 %	Niacin	1.20 mg 8 %
Linolenic acid	0.54 g				Calcium	101.57 mg	8 %	Vitamin B6	0.06 mg 4 %
Alpha-linolenic acid	127.16 mg				Zinc	0.61 mg	6 %	Vitamin B12	0.37 µg 15 %
Total Carbohydrate	21.89 g	8 %			Magnesium	16.46 mg	4 %	Folate	8.72 µg 2 %
Sugars total	2.75 g	6 %			Iodine	0.00 µg	0 %	Vitamin C	0.12 mg 0 %
Added sugar	0.00 g	0 %			Selenium	18.11 µg	33 %	Vitamin E	0.71 mg 5 %
Lactose	0.00 g				Copper	0.06 mg	7 %	Vitamin K	1.34 µg 1 %
Fiber	3.00 g	11 %							
Organic acids	0.00 g								
Sugar alcohol	0.00 g								
Starch	0.00 g								
Protein	8.42 g	17 %							
Alcohol	0.00 g	0.00 %							
							Others		
							Water	32.38 g	

PERCENTAGE OF ENERGY



CO2



0.07 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.