

# Hungry Planet Breakfast Sausage Bowl

Recipe group	Additional name	Diet factors	Portions	Portion size
CARBS			25	8.52 oz



Name of ingredient	Capacity measure	EP	Methods
<b>1</b> Sweet potato, cubed <i>diced</i>	~ 1 1/2 pt	0 lb 14.69 oz	Mix potatoes, oil, kosher salt, and smoked paprika. Cook at 400°F for 15-25 minutes or until potatoes are softened and crispy.
Red potatoes, peeled, diced <i>peeled, diced</i>	~ 1 1/2 pt	0 lb 15.62 oz	
Vegetable oil	~ 2 tbsp	0 lb 1.00 oz	
Salt, kosher, Diamond Crystal	1/2 tsp	0 lb 0.05 oz	
Spices, paprika, smoked	1 1/2 tbsp	0 lb 0.37 oz	

Name of ingredient	Capacity measure	EP	Methods
<b>2</b> Vegetable oil	~ 2 tbsp	0 lb 1.00 oz	Heat oil over medium-high heat, and saute onion, until softened. Add spinach and cook until wilted, season with kosher salt. Set aside and keep warm.
Onion, diced	~ 1 1/2 pt	0 lb 13.91 oz	
Spinach, raw	2 1/3 qt	0 lb 9.92 oz	
Salt, kosher, Diamond Crystal	1/2 tsp	0 lb 0.05 oz	

Name of ingredient	Capacity measure	EP	Methods
<b>3</b> Vegetable oil	4 tbsp	0 lb 1.92 oz	Heat remaining oil over medium-high heat. Add Hungry Planet Breakfast Sausage™. Cook until browned, about 6 minutes. Reserve warm.
Hungry Planet Breakfast Sausage, cut 1" strips		3 lb 2.00 oz	

Name of ingredient	Capacity measure	EP	Methods
<b>4</b> Quinoa, cooked, warm <i>Hold warm.</i>	3 1/8 qt	5 lb 1.57 oz	Fill a breakfast bowl with quinoa, spinach, onions, and potatoes. Add Hungry Planet Breakfast Sausage. Drizzle with secret sauce, and serve Hot.
<u>Secret Sauce</u>		1 lb 7.00 oz	

**ALLERGENS**

 GLUTEN,  SOYA

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	13 lb 5.09 oz	0 %	13 lb 5.09 oz	0 %	13 lb 5.09 oz
Size of portion	8.52 oz		8.52 oz		8.52 oz

**ADDITIONAL INFO**

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**MEMO**

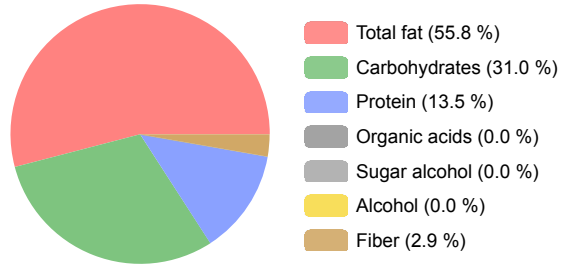
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**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives	RDI	% of energy	Calories	RDI	Minerals	RDI	Vitamins			
<b>Total fat</b>	10.65 g	14 %	168.96 kcal	8 %	Salt	0.65 g				
Saturated	1.55 g	8 %	706.94 kJ		Salt	0.65 %	Vitamin A	26.62 µg	3 %	
Monounsaturated	3.10 g				Sodium	258.79 mg	11 %	Vitamin D	0.00 µg	0 %
Polyunsaturated	5.36 g				Phosphorus	111.56 mg	9 %	Thiamine	0.67 mg	56 %
Trans fatty acids	0.01 g				Potassium	186.90 mg	4 %	Riboflavin	0.11 mg	8 %
Cholesterol	1.17 mg	0 %			Iron	1.36 mg	8 %	Niacin	1.11 mg	7 %
Linolenic acid	1.19 g				Calcium	45.12 mg	3 %	Vitamin B6	0.14 mg	8 %
Alpha-linolenic acid	187.94 mg				Zinc	0.76 mg	7 %	Vitamin B12	0.47 µg	20 %
<b>Total Carbohydrate</b>	12.89 g	5 %			Magnesium	42.44 mg	10 %	Folate	0.00 µg	0 %
Sugars total	1.26 g	3 %			Iodine	0.00 µg	0 %	Vitamin C	2.90 mg	3 %
Added sugar	0.00 g	0 %			Selenium	6.47 µg	12 %	Vitamin E	0.78 mg	5 %
Lactose	0.01 g				Copper	0.13 mg	14 %	Vitamin K	24.98 µg	21 %
<b>Fiber</b>	2.52 g	9 %								
Organic acids	0.00 g									
Sugar alcohol	0.00 g									
Starch	8.10 g							Others		
<b>Protein</b>	5.63 g	11 %						<b>Water</b>		52.72 g
<b>Alcohol</b>	0.00 g									

### PERCENTAGE OF ENERGY



### CO2



0.01 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.

# Secret Sauce

Recipe group	Additional name	Diet factors	Total weight
-			1 lb 7.00 oz

Name of ingredient	Capacity measure	EP	Methods
1 Ketchup	1/3 cup	0 lb 2.65 oz	Puree 1/2 of the ketchup with all of the doenjang until smooth.
Sauce, doenjang	1 2/3 tbsp	0 lb 0.85 oz	Add remaining ingredients and process until smooth using a food processor.
Vegan Mayonnaise	1 1/4 pt	1 lb 3.50 oz	

## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	1 lb 7.00 oz	0 %	1 lb 7.00 oz	0 %	1 lb 7.00 oz
Size of portion	1 lb 7.00 oz		1 lb 7.00 oz		1 lb 7.00 oz

## ADDITIONAL INFO

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## MEMO

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