

Hungry Planet Breakfast Sausage & Egg Chilaquiles

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	10.27 oz

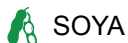
Name of ingredient	Capacity measure	EP	Methods
1 Vegetable oil	1/2 cup	0 lb 3.84 oz	Saute sausage, in oil until golden brown, about 6 minutes. Hold warm until ready to use.
Hungry Planet Breakfast Sausage, coarsely chopped	2 qt	4 lb 0.00 oz	

Name of ingredient	Capacity measure	EP	Methods
2 Vegan butter	~ 1 cup	0 lb 6.17 oz	Heat vegan butter until sizzling, add Just Eggs, salt, and pepper, and cook for 2 minutes, stirring constantly.
Vegan egg, Just brand	3 1/2 qt	3 lb 14.50 oz	
Salt, kosher, Diamond Crystal	~ 1/4 cup	0 lb 1.22 oz	
Spices, black pepper, ground	6 1/4 tsp	0 lb 0.50 oz	

Name of ingredient	Capacity measure	EP	Methods
3 Vegan cheddar cheese, shredded	~ 1 1/2 qt	1 lb 8.69 oz	Next, add cheese, cooked sausage, and green chiles. Cook for an additional 2 minutes or until eggs are cook through.
Diced Green Chilies, canned		0 lb 12.50 oz	

Name of ingredient	Capacity measure	EP	Methods
4 Tortilla chips, plain, salted, warm	226.8 ea	1 lb 0.00 oz	To assemble, lay out tortillas and spoon scrambled egg/sausage mixture over tortillas. Top with salsa, avocado, and chopped cilantro, serve.
<i>Hold warm.</i>			
Chunky Salsa		1 lb 9.00 oz	
Avocados, diced	~ 2 qt	2 lb 8.00 oz	
Cilantro, fresh, chopped	~ 1 cup	0 lb 0.44 oz	

ALLERGENS



SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	16 lb 0.87 oz	0 %	16 lb 0.87 oz	0 %	16 lb 0.87 oz
Size of portion	10.27 oz		10.27 oz		10.27 oz

ADDITIONAL INFO

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MEMO

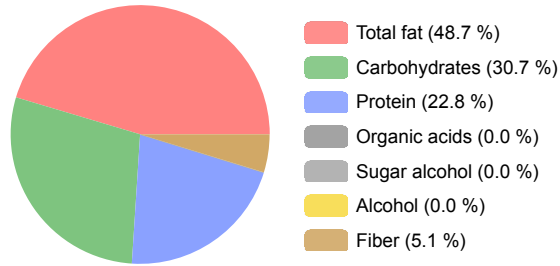
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NUTRITION INFORMATION

supply / 100 g

Energy nutritives	RDI	% of energy	Calories	RDI	Minerals	RDI	Vitamins		
Total fat	10 %	48.72 %	145.82 kcal	7 %	Salt	1.05 g			
Saturated	13 %	16.00 %	610.12 kJ		Salt	1.05 %			
Monounsaturated		17.15 %			Sodium	417.84 mg	18 %	Vitamin A	4.40 µg 0 %
Polyunsaturated		8.35 %			Phosphorus	40.02 mg	3 %	Vitamin D	0.39 µg 2 %
Trans fatty acids		0.34 %			Potassium	291.68 mg	6 %	Thiamine	0.05 mg 4 %
Cholesterol	0 %				Iron	1.41 mg	8 %	Riboflavin	0.12 mg 9 %
Linolenic acid		7.28 %			Calcium	59.46 mg	5 %	Niacin	0.36 mg 2 %
Alpha-linolenic acid		1.02 %			Zinc	0.43 mg	4 %	Vitamin B6	0.08 mg 5 %
Total Carbohydrate	4 %	30.69 %			Magnesium	13.78 mg	3 %	Vitamin B12	0.35 µg 15 %
Sugars total	3 %				Iodine	0.00 µg	0 %	Folate	0.00 µg 0 %
Added sugar	0 %	0.00 %			Selenium	10.40 µg	19 %	Vitamin C	2.31 mg 3 %
Lactose					Copper	0.04 mg	4 %	Vitamin E	1.20 mg 8 %
Fiber	14 %	5.10 %						Vitamin K	6.54 µg 5 %
Organic acids		0.00 %							
Sugar alcohol		0.00 %							
Starch		10.90 %						Others	
Protein	16 %	22.83 %						Water	46.03 g
Alcohol		0.00 %							

PERCENTAGE OF ENERGY



CO2



0.09 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.