

Hungry Planet Crispy Chicken Cutlet



Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	4.38 oz

Name of ingredient	Capacity measure	EP	Methods
1 Hungry Planet Chicken™	4 lb 11.00 oz	4 lb 11.00 oz	Using a dough hook, mix Hungry Planet Chicken, kosher salt, black pepper, and sunflower oil. Form into 3 oz cutlets. Chill.
Salt, kosher, Diamond Crystal	~ 1 tbsp	0 lb 0.50 oz	
Spices, black pepper, ground	1 1/4 tsp	0 lb 0.10 oz	
Oil, sunflower	~ 1/3 cup	0 lb 2.50 oz	

Name of ingredient	Capacity measure	EP	Methods
2 <u>Batter for Standard Breading Procedure</u>	0 lb 12.55 oz	0 lb 12.55 oz	Dredge chilled Hungry Planet Chicken cutlets in the batter.

Name of ingredient	Capacity measure	EP	Methods
3 Bread crumbs	1 1/4 qt	1 lb 2.75 oz	Coat the batter dredged cutlets in bread crumbs. Chill for 1 hour before frying or freeze for later use. Deep-fry at 350°F for 5-6 minutes or until internal temperature of 165°F. Serve immediately.

ALLERGENS

 GLUTEN,  SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	6 lb 13.40 oz	0 %	6 lb 13.40 oz	0 %	6 lb 13.40 oz
Size of portion	4.38 oz		4.38 oz		4.38 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		RDI	% of energy
Total fat	5.67 g	7 %	27.67 %
Saturated	0.44 g	2 %	2.17 %
Monounsaturated	2.10 g		10.24 %
Polyunsaturated	0.46 g		2.22 %
Trans fatty acids	0.00 g		0.00 %
Cholesterol	0.00 mg	0 %	
Linolenic acid	0.42 g		2.03 %
Alpha-linolenic acid	0.14 mg		0.00 %
Total Carbohydrate	19.73 g	7 %	44.21 %
Sugars total	1.07 g	2 %	
Added sugar	0.00 g	0 %	0.00 %
Lactose	0.00 g		
Fiber	2.72 g	10 %	2.86 %
Organic acids	0.00 g		0.00 %
Sugar alcohol	0.00 g		0.00 %
Starch	10.23 g		22.91 %
Protein	12.92 g	26 %	28.94 %
Alcohol	0.00 g		0.00 %

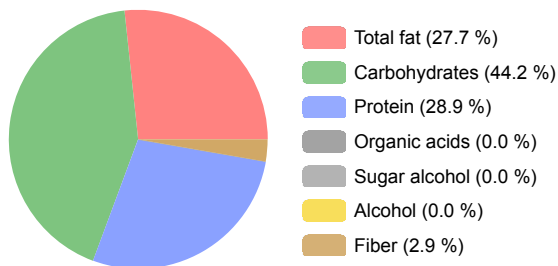
Calories	RDI
181.31 kcal	9 %
758.59 kJ	

Minerals		RDI
Salt	1.49 g	
Salt	1.49 %	
Sodium	596.91 mg	26 %
Phosphorus	32.42 mg	3 %
Potassium	226.39 mg	5 %
Iron	2.07 mg	12 %
Calcium	62.72 mg	5 %
Zinc	0.28 mg	3 %
Magnesium	8.70 mg	2 %
Iodine	0.00 µg	0 %
Selenium	5.20 µg	9 %
Copper	0.05 mg	6 %

Vitamins		RDI
Vitamin A	0.02 µg	0 %
Vitamin D	0.00 µg	0 %
Thiamine	0.18 mg	15 %
Riboflavin	0.08 mg	6 %
Niacin	1.29 mg	8 %
Vitamin B6	0.03 mg	2 %
Vitamin B12	0.06 µg	2 %
Folate	16.42 µg	4 %
Vitamin C	0.00 mg	0 %
Vitamin E	0.96 mg	6 %
Vitamin K	1.41 µg	1 %

Others		RDI
Water	8.98 g	

PERCENTAGE OF ENERGY



CO2



0.12 kg

Comparable CO2 emissions per 100 g.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.

Batter for Standard Breading Procedure

Recipe group FOUNDATION	Additional name Hungry Planet	Diet factors	Total weight 0 lb 12.55 oz
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Name of ingredient	Capacity measure	EP	Methods
1 Rice flour, white, unenriched	1/2 cup	0 lb 2.61 oz	Whisk all ingredients until smooth. Use to coat food before placing in bread crumbs.
Wheat flour, white, all-purpose, enriched	1/3 cup	0 lb 1.68 oz	
Salt, kosher, Diamond Crystal	0 lb 0.18 oz	0 lb 0.18 oz	
Water	1 cup	0 lb 8.08 oz	

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	0 lb 12.55 oz	0 %	0 lb 12.55 oz	0 %	0 lb 12.55 oz
Size of portion	0 lb 12.55 oz		0 lb 12.55 oz		0 lb 12.55 oz