



# Hungry Planet Roasted Chicken Strips

Recipe group	Additional name	Diet factors	Portions	Portion size
-			20	4.03 oz

Name of ingredient	Capacity measure	EP	Methods
1 Hungry Planet Chicken™	5 lb 0.00 oz	5 lb 0.00 oz	Combine Hungry Planet chicken with kosher salt and black pepper. Mix thoroughly. Evenly press chicken into an oiled sheet pan lined with parchment paper. Bake at 350°F for 12-15 minutes or until internal temperature is 165°F. Allow to cool slightly and cut into strips. Use immediately. The cooked chicken strips can be frozen for future hot food applications. Use Hungry Planet Chicken Strips in hot food applications.
Salt, kosher, Diamond Crystal	1 1/4 tbsp	0 lb 0.60 oz	
Spices, black pepper, ground	1 1/4 tsp	0 lb 0.10 oz	

## ALLERGENS

 GLUTEN,  SOYA

## WEIGHTS

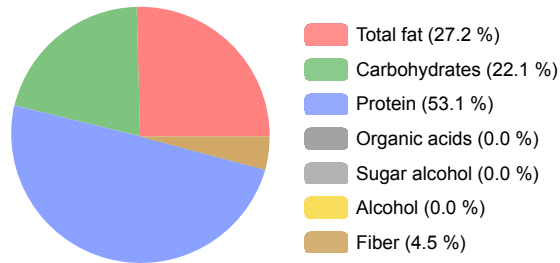
	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	5 lb 0.70 oz	0 %	5 lb 0.70 oz	0 %	5 lb 0.70 oz
Size of portion	4.03 oz		4.03 oz		4.03 oz

## NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories	RDI	Minerals		RDI	Vitamins		RDI
<b>Total fat</b>	<b>4.02 g</b>	<b>5 %</b>	<b>27.18 %</b>	130.76 kcal 547.11 kJ	7 %	Salt	1.78 g				
Saturated	0.00 g	0 %	0.01 %			Salt	1.55 %			Vitamin A	0.04 µg
Monounsaturated	0.00 g		0.01 %	Sodium	710.68 mg	31 %		Vitamin D	0.00 µg	0 %	
Polyunsaturated	0.00 g		0.01 %	Phosphorus	0.22 mg	0 %		Thiamine	0.00 mg	0 %	
Trans fatty acids	0.00 g		0.00 %	Potassium	313.04 mg	7 %		Riboflavin	0.00 mg	0 %	
Cholesterol	0.00 mg	0 %		Iron	1.92 mg	11 %		Niacin	0.00 mg	0 %	
Linolenic acid	0.00 g		0.01 %	Calcium	51.01 mg	4 %		Vitamin B6	0.00 mg	0 %	
Alpha-linolenic acid	0.21 mg		0.00 %	Zinc	0.00 mg	0 %		Vitamin B12	0.00 µg	0 %	
<b>Total Carbohydrate</b>	<b>7.12 g</b>	<b>3 %</b>	<b>22.13 %</b>	Magnesium	0.25 mg	0 %		Folate	0.00 µg	0 %	
Sugars total	0.00 g	0 %		Iodine	0.00 µg	0 %		Vitamin C	0.00 mg	0 %	
Added sugar	0.00 g	0 %	0.00 %	Selenium	0.01 µg	0 %		Vitamin E	0.00 mg	0 %	
Lactose	0.00 g			Copper	0.00 mg	0 %		Vitamin K	0.23 µg	0 %	
<b>Fiber</b>	<b>3.05 g</b>	<b>11 %</b>	<b>4.46 %</b>					Others			
Organic acids	0.00 g		0.00 %					Water	0.02 g		
Sugar alcohol	0.00 g		0.00 %								
Starch	0.00 g		0.00 %								
<b>Protein</b>	<b>17.08 g</b>	<b>34 %</b>	<b>53.07 %</b>								
<b>Alcohol</b>	<b>0.00 g</b>		<b>0.00 %</b>								

## PERCENTAGE OF ENERGY



## CO2



Comparable CO2 emissions for equal sized portions.

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.