

# Philly-style hoagie

Recipe group Entree, American	Additional name K12 PF deck	Diet factors VG, NF	Portions 12	Portion size 9.86 oz
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	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
<b>1</b>	3 tbsp	1.44 oz	0%	1.44 oz Oil, Canola	For philly-style hoagie: Heat oil in large sauté pan over medium-high heat. Add mushrooms and cook for 2-3 minutes.
	4 cup	10.36 oz	26%	13.95 oz Mushrooms, Crimini, sliced	



*Add oil to skillet*



*Sauté mushrooms in pan*

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
<b>2</b>	1 1/2 cup	5.85 oz	9%	6.46 oz Onions, White, medium dice	Add all ingredients in step 2 to pan and sauté for 2-3 minutes or until onions are softened and translucent.
	2 tsp	0.28 oz	0%	0.28 oz Garlic, granulated	
	1 tsp	0.08 oz	0%	0.08 oz Salt, Kosher	
	1 tsp	0.08 oz	0%	0.08 oz Pepper, Black, table grind	



*Onions added*



*Salt, pepper and garlic added*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>3</b>	6 cup	1 lb 7.28 oz	0%	1 lb 7.28 oz	Vegan Meat, crumbles	Add all ingredients in step 3 to pan and cook for 5-8 minutes or until crumbles are browned and cooked through.
	1 1/2 cup	6.23 oz	19%	7.66 oz	Pepper, Bell, Green, medium dice	
	2 tbsp	1.18 oz	0%	1.18 oz	Soy Sauce, low-sodium	



*Peppers and meat crumbles added*



*Soy sauce added*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>4</b>	3 cup	2 lb 1.60 oz	0%	2 lb 1.60 oz	Nacho Cheez	For nacho cheez: Prepare recipe according to directions. Combine nacho cheez to mushroom mixture and hold hot for service.



*Nacho cheez*



*Cheez sauce added to mixture*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>5</b>	12 ea	2 lb 4 oz	0%	2 lb 4 oz	Bread, Hoagie Roll, whole wheat, sliced	For service: portion 1 cup of mixture into hoagie bun.



*Place mixture in  
hoagie roll and serve*

## RECIPE IMAGES



*Philly-style hoagie*

## ALLERGENS

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## WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	7 lb 6.38 oz	0.00 %	7 lb 6.38 oz	0.00 %	7 lb 6.38 oz
Size of portion	9.86 oz		9.86 oz		9.86 oz

## MEMO

Nacho Cheez recipe accompanies this and can also be found at <https://www.forwardfood.org/nacho-cheez/>

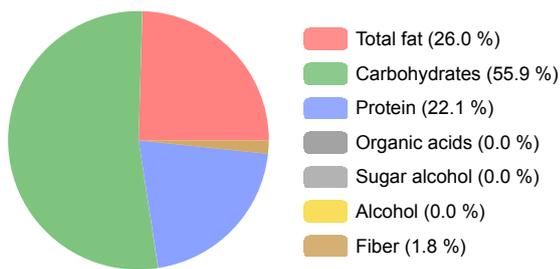
Crediting: Each serving provides 2 oz eq meat/meat alternate, 2 oz eq grains, and ¼ cup other vegetable.

## NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy					Vitamins	
<b>Total fat</b>	<b>12.96 g</b>	<b>17 %</b>	<b>25.96 %</b>	<b>441.44 kcal</b>	<b>22 %</b>	<b>Salt</b>	<b>1.94 g</b>		
Saturated	1.35 g	7 %	2.71 %	<b>1,847.00 kJ</b>		Salt	0.69 %		<b>Vitamin A</b> 265.73 µg 30 %
Monounsaturated	5.67 g		11.36 %			Sodium	1,024.75 mg	45 %	<b>Vitamin D</b> 0.02 µg 0 %
Polyunsaturated	3.83 g		7.68 %			Phosphorus	152.32 mg	12 %	<b>Thiamine</b> 0.53 mg 44 %
Trans fatty acids	0.05 g		0.11 %			Potassium	1,125.80 mg	24 %	<b>Riboflavin</b> 0.42 mg 32 %
Cholesterol	0.00 mg	0 %				Iron	6.69 mg	37 %	<b>Niacin</b> 5.34 mg 33 %
Linolenic acid	2.95 g		5.90 %			Calcium	213.13 mg	16 %	<b>Vitamin B6</b> 0.28 mg 16 %
Alpha-linolenic acid	875.06 mg		1.75 %			Zinc	1.30 mg	12 %	<b>Vitamin B12</b> 0.19 µg 8 %
<b>Total Carbohydrate</b>	<b>60.77 g</b>	<b>22 %</b>	<b>55.93 %</b>			Chromium	0.00 µg	0 %	<b>Folate</b> 45.08 µg 11 %
Sugars total	8.98 g	18 %				Fluoride	0.00 mg		<b>Biotin</b> 0.00 µg 0 %
Added sugar	0.00 g	0 %	0.00 %			Magnesium	38.69 mg	9 %	<b>Choline</b> 0.00 mg 0 %
Lactose	0.00 g					Molybdenun	0.00 µg	0 %	<b>Pantothei Acid</b> 0.00 mg 0 %
<b>Fiber</b>	<b>4.07 g</b>	<b>15 %</b>	<b>1.76 %</b>			Iodine	0.00 µg	0 %	<b>Vitamin C</b> 20.72 mg 23 %
Organic acids	0.00 g		0.00 %			Selenium	29.92 µg	54 %	<b>Vitamin E</b> 1.89 mg 13 %
Sugar alcohol	0.00 g		0.00 %			Copper	0.41 mg	46 %	<b>Vitamin K</b> 15.03 µg 13 %
Starch	31.62 g		29.10 %						<b>Others</b>
<b>Protein</b>	<b>24.05 g</b>	<b>48 %</b>	<b>22.14 %</b>						<b>Water</b> 142.38 g
<b>Alcohol</b>	<b>0.00 g</b>	<b>0.00 %</b>	<b>0.00 %</b>						

## PERCENTAGE OF ENERGY



## CO<sub>2</sub>



Comparable CO<sub>2</sub> 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.