

# Tropical nugget pita

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Caribbean	K12 PF deck	VG, NF	12	7.42 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	36 ea 1 lb 14.48 oz		0%	1 lb 14.48 oz	Vegan Chicken Nuggets, breaded	For nuggets: Bake plant-based nuggets according to package instructions.



*Nuggets, baked*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	1 1/2 cup	13.02 oz	0%	13.02 oz	Hummus, premade	For jerk hummus: In a mixing bowl, combine hummus and jerk seasoning. Reserve in cooler until service.
	2 tsp	0.20 oz	0%	0.20 oz	Seasoning Mix, <i>Jerk</i>	



*Hummus and jerk seasoning, combined*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	3 cup	14.82 oz	0%	14.82 oz	Mango, frozen, chunks	For mango slaw: In a mixing bowl, combine all ingredients in step 3. Reserve in cooler until service.
	3 cup	5.97 oz	1%	6.01 oz	Cabbage, Coleslaw Mix	
	1 tbsp	0.52 oz	58%	1.22 oz	Limes, juice	



*Ingredients in bowl*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	12 ea	1 lb 8 oz	0%	1 lb 8 oz	Pita bread, whole wheat, 10", each	To assemble: Spread 2 tablespoons of jerk hummus on pita, top with 3 nuggets and 1/4 cup of mango slaw.



*Add jerk hummus and nuggets to pita*



*Top with mango slaw*



*Serve open-face taco style*

**ALLERGENS**

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**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	5 lb 9.00 oz	0.00 %	5 lb 9.00 oz	0.00 %	5 lb 9.00 oz
Size of portion	7.42 oz		7.42 oz		7.42 oz

**MEMO**

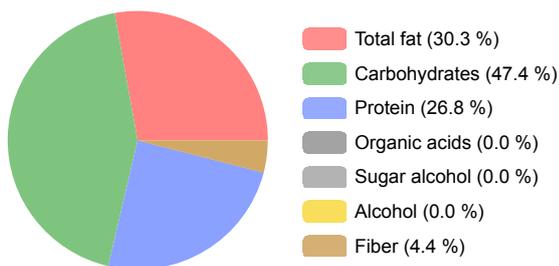
Crediting: Each serving provides 1 oz eq meat/meat alternate, 2 oz eq grains, 1/8 cup other vegetable, and 1/8 cup fruit.

## NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI		Vitamins		RDI
<b>Total fat</b>	<b>13.25 g</b>	<b>17 %</b>	<b>30.29 %</b>	<b>386.81 kcal</b>	<b>19 %</b>	<b>Salt</b>	<b>2.41 g</b>			<b>Vitamin A</b>	<b>19.77 µg</b>	<b>2 %</b>
Saturated	1.66 g	8 %	3.80 %	1,618.40 kJ		Salt	1.15 %			Vitamin D	0.00 µg	0 %
Monounsaturated	3.13 g		7.17 %		Sodium	963.04 mg	42 %	Phosphorus	405.71 mg	32 %	Vitamin D	0.00 µg
Polyunsaturated	5.19 g		11.86 %			Potassium	305.09 mg	6 %		Thiamine	0.31 mg	26 %
Trans fatty acids	0.00 g		0.00 %			Iron	5.01 mg	28 %		Riboflavin	0.26 mg	20 %
Cholesterol	0.00 mg	0 %				Calcium	56.04 mg	4 %		Niacin	3.11 mg	19 %
Linolenic acid	3.63 g		8.29 %			Zinc	1.99 mg	18 %		Vitamin B6	0.78 mg	46 %
Alpha-linolenic acid	0.00 mg		0.00 %			Chloride	0.00 mg	0 %		Vitamin B12	1.57 µg	65 %
<b>Total Carbohydrate</b>	<b>45.08 g</b>	<b>16 %</b>	<b>47.36 %</b>			Chromium	0.00 µg	0 %		Folate	0.00 µg	0 %
Sugars total	6.48 g	13 %				Fluoride	0.00 mg			Biotin	0.00 µg	0 %
Added sugar	0.00 g	0 %	0.00 %			Magnesium	78.92 mg	19 %		Choline	0.00 mg	0 %
Lactose	0.00 g					Molybdenun	0.00 µg	0 %		Pantothei Acid	0.00 mg	0 %
Fiber	8.85 g	32 %	4.37 %			Iodine	0.00 µg	0 %		Vitamin C	20.30 mg	23 %
Organic acids	0.00 g		0.00 %			Selenium	31.41 µg	57 %		Vitamin E	2.59 mg	17 %
Sugar alcohol	0.00 g		0.00 %			Copper	0.87 mg	97 %		Vitamin K	2.27 µg	2 %
Starch	0.00 g		0.00 %									
Protein	25.49 g	51 %	26.78 %									
Alcohol	0.00 g		0.00 %									
										Others		
										Water		123.60 g

## 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.