

Philly-style hoagie

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, American	K12 PF deck	VG, NF	12	9.87 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	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
2	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	0.10 oz	0%	0.10 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
3	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
4	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
5	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

MEMO

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

Crediting: Each serving provides 2 ounces meat/meat alternate, 2 ounces grain equivalents, 1/2 cup other vegetable and 1/8 cup starchy vegetable.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	1.98 g		
Total fat	12.96 g	25.96 %	441.44 kcal	Salt	0.71 %	Vitamins	
Saturated	1.35 g	2.71 %	1,847.00 kJ	Sodium	1,040.01 mg	Vitamin A	265.73 µg
Monounsaturated	5.67 g	11.36 %		Phosphorus	152.32 mg	Vitamin D	0.02 µg
Polyunsaturated	3.83 g	7.68 %		Potassium	1,125.80 mg	Thiamine	0.53 mg
Trans fatty acids	0.05 g	0.11 %		Iron	6.69 mg	Riboflavin	0.42 mg
Cholesterol	0.00 mg			Calcium	213.14 mg	Niacin	5.34 mg
Linolenic acid	2.95 g	5.90 %		Zinc	1.30 mg	Vitamin B6	0.28 mg
Alpha-linolenic acid	875.06 mg	1.75 %		Chloride	0.00 mg	Vitamin B12	0.19 µg
Total Carbohydrate	60.77 g	55.93 %		Chromium	0.00 µg	Folate	45.08 µg
Sugars total	8.98 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	38.69 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	4.07 g	1.76 %		Iodine	0.00 µg	Vitamin C	20.72 mg
Organic acids	0.00 g	0.00 %		Selenium	29.92 µg	Vitamin E	1.89 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.41 mg	Vitamin K	15.03 µg
Starch	31.62 g	29.10 %					
Protein	24.05 g	22.14 %					
Alcohol	0.00 g	0.00 %					
						Others	
						Water	142.38 g

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.