

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, Jerk	



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 1/2 cup of mango slaw.



*Add jerk hummus
and nuggets to pita*



Top with mango slaw



Serve open-face taco style

MEMO

Crediting: Each serving provides 2 ounces meat/meat alternate, 2 ounces grain equivalents, 1/4 cup other vegetable and 1/4 cup fruit.

NUTRITION INFORMATION

per portion

Energy nutritives			Calories	Minerals			
		% of energy		Salt	2.41 g		
Total fat	13.25 g	30.29 %	386.81 kcal 1,618.40 kJ	Salt	1.15 %	Vitamins	
Saturated	1.66 g	3.80 %		Sodium	963.04 mg	Vitamin A	19.77 µg
Monounsaturated	3.13 g	7.17 %		Phosphorus	405.71 mg	Vitamin D	0.00 µg
Polyunsaturated	5.19 g	11.86 %		Potassium	305.09 mg	Thiamine	0.31 mg
Trans fatty acids	0.00 g	0.00 %		Iron	5.01 mg	Riboflavin	0.26 mg
Cholesterol	0.00 mg			Calcium	56.04 mg	Niacin	3.11 mg
Linolenic acid	3.63 g	8.29 %		Zinc	1.99 mg	Vitamin B6	0.78 mg
Alpha-linolenic acid	0.00 mg	0.00 %		Chloride	0.00 mg	Vitamin B12	1.57 µg
Total Carbohydrate	45.08 g	47.36 %		Chromium	0.00 µg	Folate	0.00 µg
Sugars total	6.48 g			Fluoride	0.00 mg	Biotin	0.00 µg
Added sugar	0.00 g	0.00 %		Magnesium	78.92 mg	Choline	0.00 mg
Lactose	0.00 g			Molybdenum	0.00 µg	Pantothenic Acid	0.00 mg
Fiber	8.85 g	4.37 %		Iodine	0.00 µg	Vitamin C	20.30 mg
Organic acids	0.00 g	0.00 %		Selenium	31.41 µg	Vitamin E	2.59 mg
Sugar alcohol	0.00 g	0.00 %		Copper	0.87 mg	Vitamin K	2.27 µg
Starch	0.00 g	0.00 %					
Protein	25.49 g	26.78 %					
Alcohol	0.00 g	0.00 %					
							Others
							Water
							123.60 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.