

Plant forward Kimchi & Gochujang Mezzaluna

FOOD LABELLING...

Serves **1**

CONTAINS:



WHEAT,
BARLEY



SOYA

MAY CONTAIN:



EGGS



MILK

NUTRIENT BREAKDOWN PER 100G...

ENERGY

Energy(kcal) 11% RI **211kcal**
Energy(Kj) 11% RI **885kJ**

MACRONUTRIENTS

Carbohydrate 11% RI **27.6g**
Protein 9% RI **4.5g**
Fat **13% RI** **9.1g**
Water **56g**
Water from Drinks **0g**
Alcohol -

CARBOHYDRATE

Starch **26.7g**
Oligosaccharide -
Fibre **8% RI** **2g**
NSP **1.5g**
Sugars **1% RI** **0.9488g**
Glucose -
Galactose -
Fructose -
Sucrose -
Maltose -
Lactose -

LIPID COMPONENTS

Saturated Fat **28% RI** **5.5g**
Monounsaturated fat -
cis-Mono -
Polyunsaturated fat -
Omega3(n-3) -
Omega6(n-6) -
cis-Poly -
Trans-fatty acids -
Cholesterol -

MINERALS & TRACE ELEMENTS

Sodium **23% RI** **542mg**
Potassium -
Chloride **116% RI** **925mg**
Calcium -
Phosphorus -
Magnesium -
Iron -
Zinc -
Copper -
Manganese -
Selenium -
Iodine -

VITAMINS

Vitamin A (ret eq) -
Retinol -
Carotene -
Vitamin D -
Vitamin E -
Vitamin K₁ -
Thiamin (B₁) -
Riboflavin (B₂) -
Niacin total (B₃) -
Niacin -
Tryptophan -
Pantothenic Acid (B₅) -
Vitamin B₆ -
Folates (B₉) Total **0ug**
Vitamin B₁₂ -
Biotin (B₇) -
Vitamin C -

OTHER

GI (estimated) **0**
GL -
Caffeine -

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

120201 La Boulangerie Mezzaluna Bread.. - BRAKES

120201 MEZZALUNA BREAD

BRAKES **105g**

1 x Each



Toasted

152528 Sempio Gochujang Korean Chilli Paste.. - BRAKES

152528 GOCHUJANG KOREAN CHILLI PASTE

BRAKES **5g**

0.01 x Each



Cooked by dry ...

131610 Vadasz Raw Kimchi.. - BRAKES

131610 KIMCHI

BRAKES **55g**

0.06 x Each



Cooked by dry ...

148818 Cathedral City Plant Based Large Slices for Sandwiches.. - BRA...

148818

PLANT BASED LARGE SLICES FOR SANDWICHES

BRAKES

50g

½ x Each



Cooked by dry ...

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation

Thaw the mezzaluna

Drain the kimchi

Pre heat the panini press to 350'c

Method

Spread over the gochujang, add the kimchi & cheese

Wrap in a small sheet of parchment paper

Place in the panini press for approximately 6-8 minutes

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