***Dijon Mustard Chicken with green beans, peas and carrots tossed in pesto sauce Recipe:***

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| ***Mustard Sauce*** | | |
| **Item Name** | **Quantity (g)** | **Calories** |
| Olive Oil | 20 g | 170 Cal |
| Chopped Onion | 80 g | 30 Cal |
| Turmeric Powder | 10 g | 35 Cal |
| Water | 100 g | 0 Cal |
| Low Fat Milk | 500 g | 210 Cal |
| Cooking Cream | 1000 g | 3600 Cal |
| Whole Grain Mustard | 80 g | 80 Cal |
| Chicken Stock | 20 g | 0 Cal |
| White Pepper | 1 g | 3 Cal |
| Salt | 3 g | 0 Cal |
| ***Total*** | 1814 g before cook | 4128 Cal |
| 1542 g after cook |
| ***2.7 Cal/g*** | |

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| **Item Name** | **Quantity** | **Calorie** |
| ***Chicken Marination*** | | |
| Chicken Breast | 5 kg | 6000 Cal. |
| Fresh Rosemary Paste | 100 g | 167 Cal. |
| Garlic Paste | 50 g |  |
| Salt | 20 g | 0 Cal. |
| White Pepper | 20 g | 15 Cal. |
| Fresh Oregano Paste | 100 g | 500 Cal. |
| Lemon Juice | 100 g | 370 Cal. |
|  | 6510g  After cooking 4557 g | 7052 Cal  1.54 Cal/g |

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| **Item Name** | **Quantity** | **Calorie** |
| ***Pesto Sauce*** | | |
| Fresh Basil | 100 g | 22 Cal. |
| Fresh Spinach | 50 g | 12 Cal. |
| Parmesan Cheese | 60 g | 259 Cal. |
| Ice Cubes | 30 g | 0 Cal. |
| Olive Oil | 30 g | 270 Cal. |
| Salt | 10 g | 0 Cal. |
| White Pepper | 1 g | 0 Cal. |
| Fresh Garlic | 10 g | 15 Cal |
| Water | 60 g | 0 Cal. |
| ***Total*** | ***350g*** | ***578Cal*** |
|  | ***1.65 Cal./G.*** | |

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| **Item Name** | **1P** | **2P** | **3P** |
| Chicken Breast | 90 g/139 Cal | 120 g/185 Cal | 150 g/231 Cal |
| Mustard Sauce (On the Side) | 25 g/72 Cal | 60 g/173Cal | 80 g/230 Cal |
| Green Peas  tossed in Pesto Sauce 10g/17 Cal | 30 g/ 47 Cal | 40 g/57 Cal | 50 g/67 Cal |
| Green Beans  tossed in Pesto Sauce 10g/17 Cal | 30 g/29 Cal | 40 g/31 Cal | 50 g/31 Cal |
| Carrot  tossed in Pesto Sauce 10g/17 Cal | 30 g/29 Cal | 40 g/31 Cal | 50 g/31 Cal |
| ***Total*** | ***195 g / 316 Cal.*** | ***340 g / 477 Cal.*** | ***450 g / 590Cal.*** |

Double Container