

Custard French Toast

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, American	Breakfast Recipes	VG, NF	12	15.28 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 cup		0%	3 lb 2.79 oz	Vegan Eggs, liquid	For French Toast: In a large bowl, combine all ingredients in step 1 and whisk until smooth.
	3 cup		0%	1 lb 8.00 oz	Non-Dairy Milk, Soy <i>vanilla</i>	
	3/4 cup		0%	0 lb 8.28 oz	Syrup, Maple	
	1/4 cup		0%	0 lb 1.00 oz	Cinnamon, ground	



Ingredients mixed for soak.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	36.0 ea		0%	4 lb 8.00 oz	Bread, Sourdough, slice <i>Sliced thick 1"</i>	Soak slices of sourdough in custard mix for 3-4 minutes. On a flattop grill or large sauté pan, melt butter over medium heat. Add soaked sourdough and cook 5 minutes on both sides until golden brown. French Toast can be held hot in hotel pans until ready for service.
	1 cup		0%	0 lb 8.00 oz	Non-Dairy Butter	



Dip bread to soak.



Cook on both sides.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	3 cup	1 lb 1.55 oz	8%	1 lb 3.10 oz	Strawberries, fresh, sliced	For Fruit Compote: In a pot over medium-low heat, combine ingredients from step 3 and cook 20 minutes, stirring occasionally until thickened. Store in a sealed container in cooler until service. *Fruit compote can be made with any fruit of choice.
	3 tbsp	0 lb 1.33 oz	0%	0 lb 1.33 oz	Sugar, White, granulated	
	1 tbsp	0 lb 0.25 oz	0%	0 lb 0.25 oz	Cinnamon, ground	
	1 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Extract, Vanilla	



Cooked strawberry compote.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4						For Service: Portion 3 slices of French toast on a plate and top with 1/4 cup of fruit compote. Serving Suggestion: Serve with maple syrup and additional toppings of choice.



Custard French Toast

RECIPE IMAGES



Custard French Toast

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	11 lb 7.36 oz	0 %	11 lb 7.36 oz	0 %	11 lb 7.36 oz
Size of portion	15.28 oz		15.28 oz		15.28 oz

ADDITIONAL INFO

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MEMO

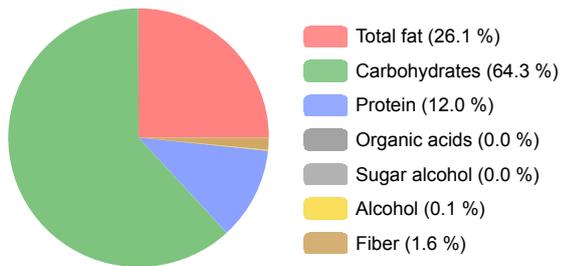
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NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories		Minerals		RDI		
					RDI					
Total fat	22.30 g	29 %	26.06 %	756.57 kcal	38 %	Salt	3.07 g			
				3,165.46 kJ		Salt	0.71 %		Vitamins	
Saturated	4.12 g	21 %	4.82 %			Sodium	1,289.91 mg	56 %	Vitamin A	0.86 µg 0 %
Monounsaturated	7.93 g		9.27 %			Phosphorus	206.95 mg	17 %	Vitamin D	0.68 µg 3 %
Polyunsaturated	6.31 g		7.37 %			Potassium	325.59 mg	7 %	Thiamine	1.31 mg 109 %
Trans fatty acids	3.91 g		4.57 %			Iron	7.44 mg	41 %	Riboflavin	0.88 mg 68 %
Cholesterol	0.00 mg	0 %				Calcium	194.52 mg	15 %	Niacin	8.50 mg 53 %
Linolenic acid	5.09 g		5.95 %			Zinc	1.91 mg	17 %	Vitamin B6	0.23 mg 14 %
Alpha-linolenic acid	563.72 mg		0.66 %			Magnesium	68.80 mg	16 %	Vitamin B12	0.67 µg 28 %
Total Carbohydrate	119.66 g	44 %	64.26 %			Iodine	0.00 µg	0 %	Folate	113.97 µg 28 %
Sugars total	29.51 g	59 %				Selenium	49.13 µg	89 %	Vitamin C	17.28 mg 19 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.33 mg	37 %	Vitamin E	1.70 mg 11 %
Lactose	0.00 g								Vitamin K	16.99 µg 14 %
Fiber	6.38 g	23 %	1.61 %						Others	
Organic acids	0.00 g		0.00 %						Water	148.92 g
Sugar alcohol	0.00 g		0.00 %							
Starch	75.23 g		40.40 %							
Protein	22.32 g	45 %	11.99 %							
Alcohol	0.12 g		0.11 %							

PERCENTAGE OF ENERGY



CO2



0.00 kg

Comparable values

Snacks	1.30 kg
Main courses	1.82 kg
Desserts	0.82 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.