French Toast

•	e group akfast, Am	erican		Additional name Breakfast F	Recipes	Diet factors VG, NF	Portions 12	Portion size 14.44 oz
	Capacity measure	EP	Trim loss	AP	Name of ingredient		Methods	
1	6 cup	3 lb 0.00 oz	0%	3.00 lb	Non-Dairy M <i>vanilla</i>	lilk, Soy	For French Toast: In a large bo combine all ingredients in step	
	1 1/2 cup	0 lb 6.72 oz	0%	0 lb 6.72 oz	Cornstarch		whisk until smooth.	
	1 1/2 cup	0 lb 8.70 oz	34%	0 lb 13.12 oz	Bananas, fro peeled, slice <i>mashed</i>	-		
	3/4 cup	0 lb 8.28 oz	0%	0 lb 8.28 oz	Syrup, Mapl	е		
	1/4 cup	0 lb 1.00 oz	0%	0 lb 1.00 oz	Cinnamon,	ground		
	1/4 cup	0 lb 1.27 oz	0%	0 lb 1.27 oz	Yeast, Nutri	tional		



Ingredients mixed for soak.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	36.0 ea	4 lb 8.00 oz	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
	1 cup	0 lb 8.00 oz	0%	0 lb 8.00 oz	Non-Dairy Butter	medium heat. Add soaked sourdough
						and cook 5 minutes on both sides until



Dip bread to soak.



Cook on both sides.

golden brown. French Toast can be held hot in hotel pans until ready for service.

	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
	3 tbsp	0 lb 1.33 oz	0%	0 lb 1.33 oz	Sugar, White, granulated	from step 3 and cook 20 minutes, stirring occasionally until thickened.
	1 tbsp	0 lb 0.25 oz	0%	0 lb 0.25 oz	Cinnamon, ground	Store in a sealed container in cooler
	1 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Extract, Vanilla	until service.
						*Fruit compote can be made with any fruit of choice.



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.



Final- French Toast

RECIPE IMAGES



French Toast

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	10 lb 13.25 oz	0 %	10 lb 13.25 oz	0 %	10 lb 13.25
					OZ
Size of portion	14.44 oz		14.44 oz		14.44 oz

ADDITIONAL INFO

- -
- MEMO
- -

NUTRITION INFORMATION

per portion

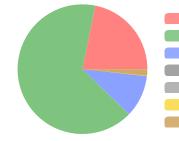
per portion										
					Minerals		RDI			
Energy nutritives		% of RDI energy		RDI	Salt	3.13 g				
Total fat	21.25 g	27 % 22.72	827.21 kcal	41 %	Salt	0.76 %		Vitamins		RDI
Total lat	21.20 g	21 /0 22.12 %	3 461 06 61		Sodium	1,248.73 mg	54 %	Vitamin A	1.47 µg	0 %
Saturated	4.27 g	21 % 4.56 %	,		Phosphorus	231.68 mg	19 %	Vitamin	1.36 µg	7%
Monounsaturated	8.17 g	8.73 %	•		Potassium	469.98 mg	10 %	D		. /0
Polyunsaturated	6.90 g	7.38 %	•		Iron	7.83 mg	44 %	Thiamine	1.40 mg	117
Trans fatty acids	3.91 g	4.18 %	,		Calcium	266.18 mg	20 %		0	%
Cholesterol	0.00 mg	0 %			Zinc	2.13 mg	19 %	Riboflavir	1.01 mg	78 %
Linolenic acid	5.10 g	5.46 %	,		Magnesium	83.90 mg	20 %	Niacin	8.74 mg	55 %
Alpha-linolenic acid	563.72 mg	0.60 %	,		lodine	0.00 µg	0 %	Vitamin	0.34 mg	20 %
Total Carbohydrate	139.56 g	51 % 68.55			Selenium	49.78 μg	91 %	B6		
		%			Copper	0.40 mg	44 %	Vitamin	1.30 µg	54 %
Sugars total	32.26 g	65 %			Copper	0.40 mg	44 /0	B12		
Added sugar	0.00 g	0 % 0.00 %	•					Folate	113.97	28 %
Lactose	0.00 g								μg	
Fiber	7.34 g	26 % 1.70 %						Vitamin	19.07 mg	21 %
Organic acids	0.00 g	0.00 %						C	4 70	44.04
Sugar alcohol	0.00 g	0.00 %						Vitamin E	1.72 mg	11 %
Starch	76.34 g	37.50						∟ Vitamin	17.09 µg	11 %
		%	•					K	17.09 µg	14 /0
Protein	22.28 g	45 % 10.94						IX .		
		%								
Alcohol	0.12 g	0.10 %						Others		
									040	D 4E
								Water	218	3.45 g

1.23 kg

1.72 kg

0.78 kg

PERCENTAGE OF ENERGY



Total fat (22.7 %)

Carbohydrates (68.5 %)

- Protein (10.9 %) Organic acids (0.0 %)
- Sugar alcohol (0.0 %)
- Alcohol (0.1 %)
- Fiber (1.7 %)

CO2



	Comparable val	ues
	Snacks	1
g	Main courses	1
	Desserts	0

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 relations in restaurant services or the climate impact for all the portions in values have been calculated from the JAMIX sample database, which contains different types of recipes.