

# French Toast

Recipe group Breakfast, American	Additional name Breakfast Recipes	Diet factors VG, NF	Portions 12	Portion size 14.44 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 cup	3 lb 0.00 oz	0%	3.00 lb	Non-Dairy Milk, Soy <i>vanilla</i>	For French Toast: In a large bowl, combine all ingredients in step 1 and whisk until smooth.
	1 1/2 cup	0 lb 6.72 oz	0%	0 lb 6.72 oz	Cornstarch	
	1 1/2 cup	0 lb 8.70 oz	34%	0 lb 13.12 oz	Bananas, fresh, peeled, sliced <i>mashed</i>	
	3/4 cup	0 lb 8.28 oz	0%	0 lb 8.28 oz	Syrup, Maple	
	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, Nutritional	



*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 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 lb 8.00 oz	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
<b>3</b>	3 cup	1 lb 1.55 oz	8%	1 lb 3.10 oz	Strawberries, fresh, sliced	<p>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.</p> <p>*Fruit compote can be made with any fruit of choice.</p>
	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.*

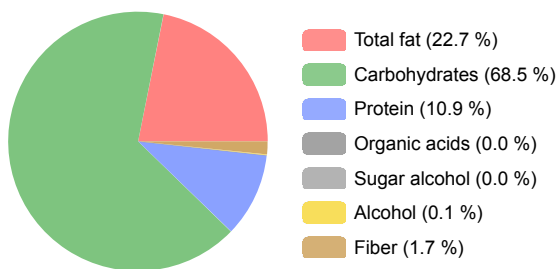
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>4</b>						<p>For Service: Portion 3 slices of French toast on a plate and top with 1/4 cup of fruit compote.</p> <p>Serving Suggestion: Serve with maple syrup and additional toppings of choice.</p>



*Final- French Toast*



### PERCENTAGE OF ENERGY



### CO2



0.01 kg

#### Comparable values

Snacks	1.23 kg
Main courses	1.72 kg
Desserts	0.78 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.