

Beyond Breakfast Muffins

Recipe group Breakfast, American	Additional name Breakfast Recipes	Diet factors VG, NF	Portions 12	Portion size 7.52 oz
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1 1/2 tsp		0 lb 0.24 oz	0%	0 lb 0.24 oz Oil, Canola	For filling: In a large skillet or flat top, heat oil over medium-high heat. Cook sausage for 5-7 minutes, breaking it up as it cooks. Transfer to a mixing bowl, fat and all. Set aside.
	1 1/2 cup		7.30 oz	0%	7.30 oz <i>Beyond Meat, Spicy Italian Style</i> Vegan Sausage	



Cooked Sausage



Crumbled Sausage

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	3 cup		0 lb 11.70 oz	19%	0 lb 14.39 oz Pepper, Bell, Red, small dice	Add all ingredients from step 2 to the same bowl as sausage and set aside.
	2 cup		0 lb 4.00 oz	17%	0 lb 4.83 oz Onions, Green, sliced thinly	



Diced Bell Peppers



Sliced Green Onion

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	6 cup	33.23 oz	0%	33.23 oz	Mix, Corn Muffin	In a large mixing bowl or stand mixer, stir all ingredients in step 3 until combined.
	1 1/3 cup	0 lb 10.64 oz	0%	0 lb 10.64 oz	Non-Dairy Milk, Soy, unsweetened	
	3/4 cup	0 lb 6.00 oz	0%	0 lb 6.00 oz	Aquafaba (bean juice)	
	2 tsp	0 lb 0.09 oz	0%	0 lb 0.09 oz	Seasoning, Poultry	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	
	1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Pepper, Black, ground	



Corn Muffin Mixture

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1 cup	0 lb 3.95 oz	0%	0 lb 3.95 oz	Vegan Cheese, Cheddar, shredded	Add in cheese and sausage mixture and fold to combine.



Sausage Mixture & Cheese Added



All Ingredients folded In

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	4 tbsp	0 lb 0.50 oz	17%	0 lb 0.60 oz	Onions, Green, sliced thinly	Preheat oven to 425°F. Line a jumbo-size muffin tin and spray with non-stick cooking spray. Portion 7oz. of batter/ muffin. Garnish each muffin top with green onion. Bake for 10 minutes. Reduce temperature to 350°F and bake for 27-30 minutes until golden and internal temp reaches 200°F.



Muffin Tin Filled



Baked Muffins

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	1/2 cup	0 lb 4.37 oz	0%	0 lb 4.38 oz	Chipotle Peppers in Adobo Sauce, canned <i>include 1 tsp. adobo liquid</i>	Optional Compound Butter: Finely chop chipotle peppers. Add all ingredients in step 6 into stand mixer with whip attachment. Whip until combined for 1-2 minutes. Transfer to a serving container and store in cooler until service.
	1 cup	0 lb 8.00 oz	0%	0 lb 8.00 oz	Non-Dairy Butter, stick	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz	Salt, Kosher	



Whipped Butter with Chipotles

RECIPE IMAGES



Beyond Breakfast Muffins

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	5 lb 10.25 oz	0 %	5 lb 10.25 oz	0 %	5 lb 10.25 oz
Size of portion	7.52 oz		7.52 oz		7.52 oz

ADDITIONAL INFO

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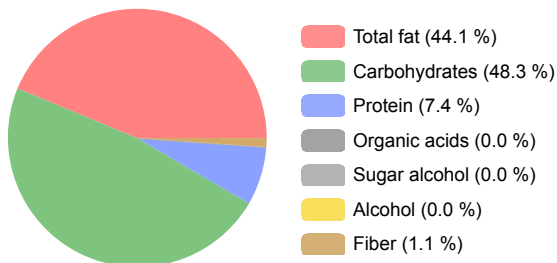
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NUTRITION INFORMATION

per portion

Energy nutritives		RDI	% of energy	Calories		Minerals			Vitamins		
					RDI						
Total fat	26.14 g	34 %	44.14 %	523.59 kcal	26 %	Salt	1.08 g		Vitamin A	72.11 µg	8 %
Saturated	7.61 g	38 %	12.85 %	2,190.71 kJ		Sodium	1,222.78 mg	53 %	Vitamin D	0.30 µg	2 %
Monounsaturated	7.55 g		12.75 %			Phosphorus	20.85 mg	2 %	Thiamine	0.07 mg	6 %
Polyunsaturated	4.69 g		7.92 %			Potassium	319.79 mg	7 %	Riboflavin	0.08 mg	6 %
Trans fatty acids	3.89 g		6.57 %			Iron	1.22 mg	7 %	Niacin	0.32 mg	2 %
Cholesterol	0.00 mg	0 %				Calcium	63.77 mg	5 %	Vitamin B6	0.10 mg	6 %
Linolenic acid	3.86 g		6.51 %			Zinc	0.12 mg	1 %	Vitamin B12	0.32 µg	13 %
Alpha-linolenic acid	508.33 mg		0.86 %			Magnesium	11.33 mg	3 %	Folate	0.00 µg	0 %
Total Carbohydrate	62.21 g	23 %	48.28 %			Iodine	0.00 µg	0 %	Vitamin C	31.27 mg	35 %
Sugars total	16.46 g	33 %				Selenium	0.12 µg	0 %	Vitamin E	1.51 mg	10 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.06 mg	7 %	Vitamin K	41.49 µg	35 %
Lactose	0.00 g								Others		
Fiber	3.09 g	11 %	1.13 %						Water	85.94 g	
Organic acids	0.00 g		0.00 %								
Sugar alcohol	0.00 g		0.00 %								
Starch	0.00 g		0.00 %								
Protein	9.48 g	19 %	7.36 %								
Alcohol	0.00 g		0.00 %								

PERCENTAGE OF ENERGY



CO2



0.00 kg

Comparable values

Snacks	0.64 kg
Main courses	0.90 kg
Desserts	0.41 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.