

Rise & Shine Waffles

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, American	Breakfast Recipes	VG, NF	12	11.22 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1/3 cup	0 lb 1.21 oz	0%	0 lb 1.21 oz	Flax seed, brown, ground	For Flax Egg: In a small bowl, combine ingredients in step 1. Stir, and set aside for 5 minutes or until mixture thickens.
	3/4 cup	0 lb 6.00 oz	0%	0 lb 6.00 oz	Water	



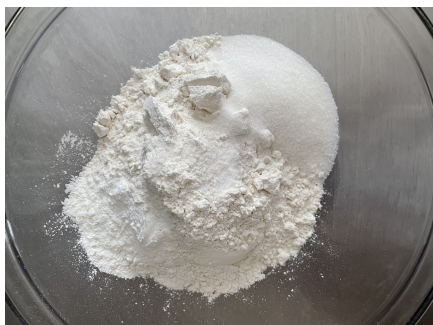
Flax seed and water, combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	5 1/4 cup	2 lb 10.00 oz	0%	2 lb 10.00 oz	Non-Dairy Milk, Soy, unsweetened	For Vegan "Buttermilk": In a large bowl, add ingredients in step 2, stir, and set aside for 5 mins or until mixture begins to curdle.
	3 tbsp	0 lb 1.50 oz	0%	0 lb 1.50 oz	Vinegar, Apple Cider	

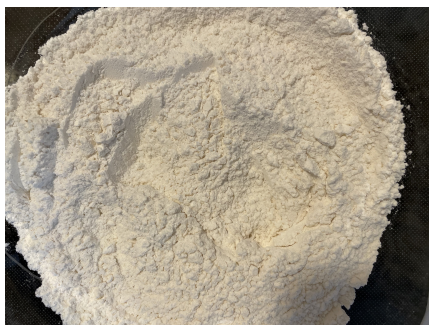


Wet ingredients, combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	5 1/4 cup	1 lb 8.15 oz	0%	1 lb 8.15 oz	Flour, All-Purpose	In a large mixing bowl, whisk together all ingredients in step 3.
	3 tbsp	0 lb 1.29 oz	0%	0 lb 1.29 oz	Baking Powder	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Salt, Kosher	
	1/2 cup	0 lb 3.51 oz	0%	0 lb 3.51 oz	Sugar, White, granulated	



Dry ingredients in bowl



Dry ingredients, combined

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	3/4 cup	0 lb 6.00 oz	0%	0 lb 6.00 oz	Non-Dairy Butter, Unsalted, melted	Add flax eggs and buttermilk to all ingredients in step 4. Stir until just combined with a wooden spoon, do not over-mix. The batter should be thick and ok to have some lumps.
	1 tbsp	0 lb 0.46 oz	0%	0 lb 0.46 oz	Extract, Vanilla	



Wet mixture added to dry mix



Mixture combined to form batter

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5						Using an 8oz ladle, pour waffle batter onto hot waffle maker and cook for 5-7 minutes or until waffle is golden brown on both sides. *Spray plates with oil before adding batter if waffle maker does not include non-stick plates.

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Batter in waffle maker

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6	3/4 cup	0 lb 4.39 oz	8%	0 lb 4.77 oz	Strawberries, fresh, sliced	For service: Top waffle with 1/4 cup of fresh berries of choice and drizzle with 1/4 cup of maple syrup. Serve immediately
	3/4 cup	0 lb 3.83 oz	11%	0 lb 4.28 oz	Blueberries, fresh	
	3/4 cup	0 lb 3.22 oz	4%	0 lb 3.37 oz	Raspberries, fresh	
	3/4 cup	0 lb 3.75 oz	5%	0 lb 3.95 oz	Blackberries, fresh	
	3 cup	2 lb 1.12 oz	0%	2 lb 1.12 oz	Syrup, Maple	



Final- Rise & Shine Waffles

RECIPE IMAGES



Rise & Shine Waffles

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	8 lb 6.58 oz	0 %	8 lb 6.58 oz	0 %	8 lb 6.58 oz
Size of portion	11.22 oz		11.22 oz		11.22 oz

ADDITIONAL INFO

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MEMO

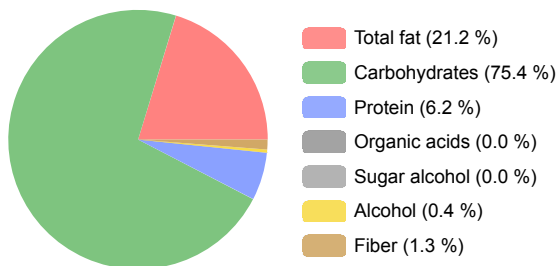
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals			RDI		
				626.62 kcal	31 %	Salt	0.56 g				
				2,621.79 kJ		Salt	0.18 %			Vitamins	
Total fat	15.03 g	19 %	21.21 %			Sodium	223.18 mg	10 %	Vitamin A	117.59 µg	13 %
Saturated	2.58 g	13 %	3.64 %			Phosphorus	337.16 mg	27 %	Vitamin D	1.19 µg	6 %
Monounsaturated	6.20 g		8.76 %			Potassium	566.68 mg	12 %	Thiamine	0.28 mg	23 %
Polyunsaturated	5.62 g		7.93 %			Iron	1.81 mg	10 %	Riboflavin	0.27 mg	21 %
Trans fatty acids	2.11 g		2.98 %			Calcium	282.32 mg	22 %	Niacin	1.16 mg	7 %
Cholesterol	0.00 mg	0 %				Zinc	0.83 mg	8 %	Vitamin B6	0.10 mg	6 %
Linolenic acid	3.64 g		5.13 %			Magnesium	47.55 mg	11 %	Vitamin B12	1.12 µg	47 %
Alpha-linolenic acid	0.00 mg		0.00 %			Iodine	0.00 µg	0 %	Folate	0.00 µg	0 %
Total Carbohydrate	116.31 g	42 %	75.42 %			Selenium	20.57 µg	37 %	Vitamin C	9.07 mg	10 %
Sugars total	46.06 g	92 %				Copper	0.27 mg	30 %	Vitamin E	1.56 mg	10 %
Added sugar	0.00 g	0 %	0.00 %						Vitamin K	17.75 µg	15 %
Lactose	0.00 g								Others		
Fiber	4.26 g	15 %	1.30 %						Water	173.11 g	
Organic acids	0.00 g		0.00 %								
Sugar alcohol	0.00 g		0.00 %								
Starch	0.00 g		0.00 %								
Protein	9.62 g	19 %	6.24 %								
Alcohol	0.37 g		0.41 %								

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	0.95 kg
Main courses	1.34 kg
Desserts	0.60 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.