

Ultimate Breakfast Sandwich

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, American	Breakfast Recipes	VG, NF	12	15.04 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1 1/2 cup	0 lb 11.85 oz	0%	0 lb 11.85 oz	Vegan Mayonnaise	For Chipotle Mayo: In a food processor, add all ingredients in step 1 and puree until smooth. Store in a sealed container in cooler until service.
	1/2 cup	0 lb 4.37 oz	0%	0 lb 4.38 oz	Chipotle Peppers in Adobo Sauce, canned	
	1 tbsp	0 lb 0.52 oz	58%	0 lb 1.22 oz	Limes, juice	
	1/2 tsp	0 lb 0.05 oz	0%	0 lb 0.05 oz	Salt, Kosher	



Chipotle peppers & mayo in processor



Chipotle mayo, done

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	12.0 ea	5 lb 8.89 oz	0%	5 lb 8.89 oz	Hash Brown, patty	For hash brown patties: Cook hash browns according to manufacturer instructions and hold hot until service.



Cooked hash brown

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	12.0 ea	1 lb 8.13 oz	0%	1 lb 8.13 oz	Vegan Egg, Folded	For JUST folded: Cook JUST Folded according to manufacturer instructions and hold hot until service.



Cooked JUST egg

	Capacity measure		EP	Trim loss	AP Name of ingredient	Methods
4	12.0 ea	1 lb 8.00 oz	0%	1 lb 8.00 oz	Bread, English Muffin, sliced, toasted	For Service: Spread 1 tablespoon of chipotle mayo on each side of the English muffin. Then layer 1/4 of a sliced avocado, 1 hash brown, 1 tomato, 1 egg, and top with the other slice of English muffin. Recommend wrapping in parchment or using food picks to keep sandwich stacked.
	3 cup	0 lb 15.87 oz	21%	1 lb 4.19 oz	Avocados, fresh, sliced	
	12.0 ea	0 lb 10.80 oz	6%	0 lb 11.51 oz	Tomatoes, 1/2" slice, each	



All ingredients ready to assemble



Final- Ultimate Breakfast Sandwich

RECIPE IMAGES



Ultimate Breakfast Sandwich

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	11 lb 4.48 oz	0 %	11 lb 4.48 oz	0 %	11 lb 4.48 oz
Size of portion	15.04 oz		15.04 oz		15.04 oz

ADDITIONAL INFO

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MEMO

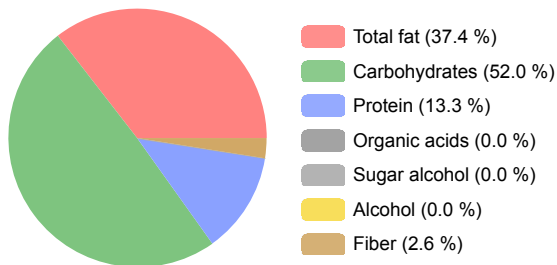
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories		Minerals			Vitamins		
		RDI	% of energy	kcal	RDI			RDI			RDI
Total fat	23.78 g	30 %	37.40 %	562.36	28 %	Salt	1.75 g		Vitamin A	75.42 µg	8 %
Saturated	2.61 g	13 %	4.10 %	2,352.91		Sodium	1,015.13 mg	44 %	Vitamin D	0.00 µg	0 %
Monounsaturated	5.34 g		8.40 %			Phosphorus	215.38 mg	17 %	Thiamine	0.51 mg	43 %
Polyunsaturated	8.43 g		13.25 %			Potassium	954.33 mg	20 %	Riboflavin	0.25 mg	19 %
Trans fatty acids	0.04 g		0.07 %			Iron	3.88 mg	22 %	Niacin	6.60 mg	41 %
Cholesterol	0.00 mg	0 %				Calcium	73.30 mg	6 %	Vitamin B6	0.35 mg	21 %
Linolenic acid	5.60 g		8.81 %			Zinc	1.25 mg	11 %	Vitamin B12	0.02 µg	1 %
Alpha-linolenic acid	41.62 mg		0.07 %			Magnesium	64.79 mg	15 %	Folate	20.98 µg	5 %
Total Carbohydrate	71.97 g	26 %	52.00 %			Iodine	0.00 µg	0 %	Vitamin C	31.86 mg	35 %
Sugars total	1.52 g	3 %				Selenium	1.26 µg	2 %	Vitamin E	1.66 mg	11 %
Added sugar	0.00 g	0 %	0.00 %			Copper	0.41 mg	46 %	Vitamin K	25.75 µg	21 %
Lactose	0.00 g								Others		
Fiber	7.74 g	28 %	2.63 %						Water	267.47 g	
Organic acids	0.00 g		0.00 %								
Sugar alcohol	0.00 g		0.00 %								
Starch	0.04 g		0.03 %								
Protein	18.43 g	37 %	13.32 %								
Alcohol	0.00 g	0.00 %	0.00 %								

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	1.28 kg
Main courses	1.79 kg
Desserts	0.81 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.