

Vermont Maple Apple French Toast Bake, MMA, WGR, F (SR108262)

HACCP Process: Process 2: Same day service
 Meal Contribution: 1/8 Fruit, 1 1/4 WGR, 2 Meat/MA
 Number of Servings: 48.00 Serving Size: 1 piece
 Moisture gain/loss%: 0.0000 Yield: 15 Pound, 4 3/8 Ounce
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Apples, Red Delicious, raw, with skin [100514] 51450	3 Pound
				Bread, wheat 18064	4 Pound
				Eggs, whole, frozen, raw, pasteurized, homogenized, with color stabilizer [100046] 50430	50 large egg
				Syrup; Eggo Maple Syrup, 12/23 oz 119539	1 1/2 Cup
				Spices, cinnamon, ground 2010	4 teaspoon
				Spices, nutmeg, ground 2025	2 teaspoon
				Salt, table 2047	1 teaspoon
				Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D 1082	1 Quart, 1 Cup

Tips/Comments

- Contains:
 - Egg
 - Milk
 - Wheat

Preparation Instructions

- 1. Coat two 2-inch full hotel pans with cooking spray.

Preparation Instructions

- 2. Core apples and cut each into 8 wedges.
 - 3. Cut bread into 1-inch cubes.
 - Lightly beat eggs in a large bowl. Add milk, 1 cup maple syrup (or brown sugar), cinnamon, nutmeg and salt; whisk to combine. Stir in the apple slices, then fold in the bread.
 - 5. Divide mixture evenly between the prepared pans. Lightly coat sheets of parchment paper with cooking spray and place on top of the French toast. Cover with foil. Refrigerate 6 to 8 hours or overnight.
6. Before baking, let the French toast stand at room temperature for 30 minutes. Preheat convection oven to 325°F or conventional oven to 350°F.
7. Bake for 30 minutes. Remove foil and parchment and rotate the pans end to end. If using brown sugar, sprinkle each pan with ¼ cup. (If using maple syrup, drizzle each pan with ¼ cup after baking.) Bake, uncovered, until set on top and the internal temperature reaches 165°F, about 20 minutes more. Let stand for 10 minutes. Cut each pan into 24 pieces.

Nutritional Information

	Fat	SFat	Carb	Protein	Sugar
% of Calories	28.86	9.36	47.97	22.72	7.015

Nutrients per 100 g

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
140.753	4.513	1.464	0.007(M)	135.12	225.917	16.88	1.616	2.469(M)	7.994	1.593	79.88	241.002	0.967	25.073 (M)	0.791(M)

Nutrients per serving (144.332 g)

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
203.152	6.514	2.113	0.01(M)	195.021	326.071	24.363	2.332	3.563(M)	11.538	2.299	115.293	347.844	1.396	36.189 (M)	1.142(M)

(M) Indicates missing values.

1 Trans Fat is provided for informational purposes, not for monitoring purposes.