



French Toast and Syrup





French Toast and Syrup

Recipe Items:	1 Portion	5 Portions
PE Original Bread Pudding (PE#21761)	#10 scoop (95 gm)	475 gm (16.75 oz)
Powdered Sugar	5 mL (1 tsp)	25 mL (1 Fl oz)
Butter (or margarine) - soft	5 mL (1 tsp)	25 mL (1 Fl oz)
Table Syrup	15 mL (1 Tbsp)	75 mL (2.5 Fl oz)

Nutritional analysis presented contains only these ingredients

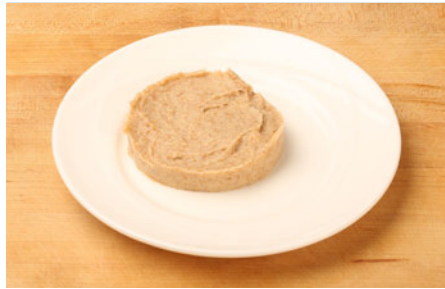
1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.

Cold Service - Keep Puree Essentials food cold prior to service, below 4°C or 40°F.



2. Combine a hot/warm #10 Scoop (95 gm) of PE Original Bread Pudding with 1 tsp (5 ml) of soft butter (or margarine).



3. Finish the dish by pouring 1 Tbsp (15 ml) of table syrup over the top of the Whole Wheat Bread mix. At time of service, 1 tsp (5 ml) of powdered sugar is sprinkled over the top of the French Toast for a final touch.

Nutrition Facts	
Valeur nutritive	
Per 1 each (115g) / par 1 each (115g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 210	
Fat / Lipides 10g	15%
Saturated / satures 3.5g	
+ Trans / trans 0g	17%
Cholesterol / Cholesterol 5mg	
Sodium / Sodium 300mg	12%
Carbohydrate / Glucides 31g	10%
Fibre / Fibres 4g	16%
Sugars / Sucres 14g	
Protein / Proteines 3g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	4%
Iron / Fer	8%

Variations: serve with softened butter or clear fruit jelly on the side. Variations to ingredients are not included in nutritional analysis.

Serve hot or cold.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F.

Cold Service - If serving cold; keep Puree Essentials food temperatures below 4°C or 40°F.

