

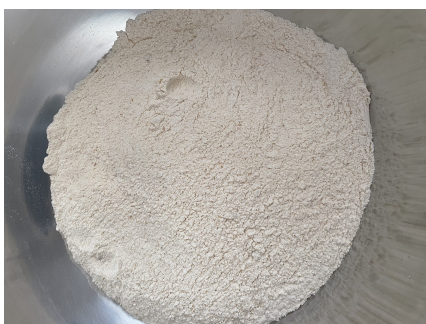
Sfoof Cake

Recipe group	Additional name	Diet factors	Portions	Portion size
Baked Goods, Mediterranean	Baking & Pastry	VG, NF	24	8.49 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	10 cup	2 lb	14.00	0%	2 lb 14.00	Soof Cake: In a stand mixer with a paddle attachment, combine all ingredients in step 1.
			OZ		OZ	
	6 cup	2 lb	10.60	0%	2 lb 10.60	
			OZ		OZ	
	3 cup	1 lb	2.90	0%	1 lb 2.90	
			OZ		OZ	
	1/4 cup	0 lb	1.73	0%	0 lb 1.73	
			OZ		OZ	
	1/4 cup	0 lb	1.08	0%	0 lb 1.08	
			OZ		OZ	



Ingredients in bowl



Dry ingredients mixed

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	8 cup	4 lb	0.00	0%	4.00 lb	Add all ingredients in step 2 to mixer. Mix until a smooth batter is formed and no clumps remain.
			OZ		Water	
	3 cup	1 lb	7.04	0%	1 lb 7.04	
			OZ		OZ	



*Wet ingredients
added to bowl*



*Wet & dry ingredients
combined*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	1/2 cup	0 lb 3.84 OZ	0%	0 lb 3.84 OZ	Oil, Canola	Preheat oven to 400°F. Grease a 1/2 sheet pan with oil, ensuring sides are also greased. Portion batter into greased 1/2 sheet pan.



Oil on sheet pan

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	1/2 cup	0 lb 2.66 OZ	0%	0 lb 2.67 OZ	Sesame Seeds, White	Top batter with sesame seeds and bake for 35-40 minutes or until cake is golden brown and baked through.



Topped with sesame seeds



Sfoof cake-baked

5	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
					For service: Cool cake completely. Cut half sheet pan into 4 rows by 6 rows to make 24 pieces.

5



Sfoof Cake

RECIPE IMAGES



Sfoof Cake

ALLERGENS

-

MEMO

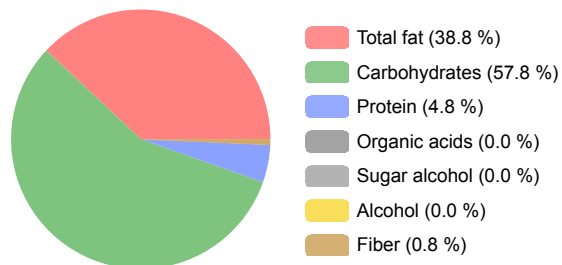
-

NUTRITION INFORMATION

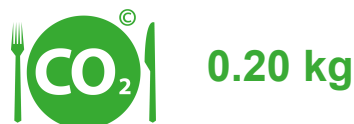
per portion

Energy nutritives				Calories	RDI	Minerals		RDI		
		RDI	% of energy	777.44 kcal	39 %					
Total fat	34.13 g	44 %	38.82 %	3,252.81 kJ		Salt	0.01 g			
Saturated	2.70 g	14 %	3.08 %			Salt	0.00 %			
Monounsaturated	20.76 g		23.62 %			Sodium	4.34 mg	0 %	Vitamins	
Polyunsaturated	9.95 g		11.32 %			Phosphorus	252.63 mg	20 %	Vitamin A	0.00 µg 0 %
Trans fatty acids	0.13 g		0.15 %			Potassium	347.74 mg	7 %	Vitamin D	0.00 µg 0 %
Cholesterol	0.00 mg	0 %				Iron	2.26 mg	13 %	Thiamine	0.15 mg 12 %
Linolenic acid	7.02 g		7.98 %			Calcium	133.55 mg	10 %	Riboflavin	0.06 mg 5 %
Alpha-linolenic acid	2,901.17 mg		3.30 %			Zinc	0.94 mg	9 %	Niacin	1.58 mg 10 %
Total Carbohydrate	110.58 g	40 %	57.79 %			Magnesium	36.74 mg	9 %	Vitamin B6	0.07 mg 4 %
Sugars total	50.42 g	101 %				Iodine	0.00 µg	0 %	Vitamin B12	0.00 µg 0 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	19.89 µg	36 %	Folate	0.00 µg 0 %
Lactose	0.00 g					Copper	0.27 mg	30 %	Vitamin C	0.01 mg 0 %
Fiber	3.04 g	11 %	0.75 %						Vitamin E	5.64 mg 38 %
Organic acids	0.00 g		0.00 %						Vitamin K	22.97 µg 19 %
Sugar alcohol	0.00 g		0.00 %							
Starch	0.00 g		0.00 %							
Protein	9.13 g	18 %	4.77 %							
Alcohol	0.00 g		0.00 %							
							Others			
							Water	85.35 g		

PERCENTAGE OF ENERGY



CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.