

Pancakes with Sausage

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| Servings: | 1.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

WG Pancakes with Sausage

Nutrition Information

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|----------------------|----------|---------------------|----------|
| Calories | 208.89 | Protein | 6.22g |
| Fat | 13.11g | SaturatedFat | 4.00g |
| Trans Fat | 0.00g | Cholesterol | 25.56mg |
| Carbohydrates | 17.78g | Fiber | 2.22g |
| Sugar | 3.33g | Sodium | 290.00mg |
| Iron | 1.86mg | Vitamin C | 0.00mg |
| Vitamin A | 555.56IU | Calcium | 22.22mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|--|--|
| 5 Each | 669440 | PANCAKE MINI WGRAIN .32Z 24- 45CT | Preheat to 350 degrees F. On a sheet pan, place desired amount of frozen mini pancakes in a slightly overlapping single layer. Cover tightly with foil. Convection Oven: Heat for 8-10 minutes. Conventional Oven: Heat for 13-15 minutes. Steam table holding: Mini pancakes can be held covered on a steam table at medium setting for 45 minutes. |
| 1 Each | 278201 | SAUSAGE LINK LO SOD CKD 160-1Z JDF | BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 5 - 5 1 2 minutes if frozen, 4 - 4 1 2 minutes if thawed. |

Preparation Instructions