

Pancake with Bacon

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-44239 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|-------------|---|------------|
| PANCAKE BTRMLK WGRAIN | 2 Each | READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F. | 156101 |
| BACON CKD RND | 1 Gram | BAKE Fully cooked. Simply heat and serve. | 433608 |

Preparation Instructions

Cook product according to instructions and place together in a boat for service.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 2.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 164.17 |
| Fat | 3.33g |
| SaturatedFat | 0.13g |
| Trans Fat | 0.00g |
| Cholesterol | 11.25mg |
| Sodium | 197.50mg |
| Carbohydrates | 30.00g |
| Fiber | 2.00g |
| Sugar | 10.00g |
| Protein | 4.33g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 73.20mg | Iron 1.46mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available
