

Loaded Pancake Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-46109
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	2 Each	<p>READY_TO_EAT</p> <p>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.</p> <p>For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.</p>	156101

Preparation Instructions

Cook the product according to instructions and place it together in a boat for service. Top with whip topping sprinkles chocolate chips

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	160.00
Fat	3.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	180.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	10.00g
Protein	4.00g
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
