

# Pancake with Bacon

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	2 Each	<b>READY_TO_EAT</b> 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. <b>DO NOT RE-FREEZE!</b> 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	<b>BAKE</b> 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

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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