

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