

Mini Pancakes w/Syrup

Servings:	50.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50445

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269220

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Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving			
Calories	4.40		
Fat	0.12g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	5.40mg		
Carbohydrates	0.74g		
Fiber	0.04g		
Sugar	0.22g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.40mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available