

BUTTERMILK PANCAKES

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-47822
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK	2 Each		285577

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.500
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: 2.00 Each

Amount Per Serving	
Calories	153.33
Fat	2.00g
SaturatedFat	0.33g
Trans Fat	0.00g
Cholesterol	3.33mg
Sodium	340.00mg
Carbohydrates	28.67g
Fiber	0.67g
Sugar	6.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.67mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available