

Eggo Mini Pancakes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-31117
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Each	HEAT_AND_SERVE Thaw product night before	284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	<p>BAKE Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating</p> <p>CONVENTIONAL OVEN*:</p> <ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes. <p>CONVECTION OVEN*:</p> <ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes. <p>*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.</p> <p>MICROWAVE:</p> <ol style="list-style-type: none"> 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. <p>Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.</p>	395303

Preparation Instructions

No Preparation Instructions available.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	210.00
Fat	6.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	255.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	11.50g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	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