

BUTTERMILK PANCAKES



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