

Mini Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28988
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package		269230
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 Package		269220
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		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: 3.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		223.33	
Fat		6.33g	
SaturatedFat		0.50g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		176.67mg	
Carbohydrates		37.33g	
Fiber		1.33g	
Sugar		8.33g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.33mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available
