

Mini Maple Pancakes



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8367
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW	1 Package		284831

Preparation Instructions

- CCP: Heat to 165° F or higher for at least 15 seconds.
- CCP: Hold for hot service at 135° F or higher.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		200.00	
Fat		6.00g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		5.00mg	
Sodium		210.00mg	
Carbohydrates		36.00g	
Fiber		4.00g	
Sugar		12.00g	
Protein		4.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available