

Strawberry Mini Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8368
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72- 3.17Z	1 Package	READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269230

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CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	230.00
Fat	6.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	260.00mg
Carbohydrates	39.00g
Fiber	2.00g
Total Sugar	14.00g
Added Sugar	0.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 60.00mg	Iron 1.50mg

Nutrition - Per 100g

No 100g Conversion Available