

Mini Confetti Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-48865
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGGO Whole Grain Mini Confetti Pancakes	1 Each	Conventional Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet. Heat for 14-15 minutes. Convection Oven: Preheat oven to 350 degrees F. Place frozen pouches, picture side up, in a single layer on baking sheet. Heat for 9-10 minutes. Do not exceed 350 degrees F. Do not allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. Microwave: Place 1 pouch, picture side up, on a microwave-safe dish. Heat on high for 45 seconds. Pull pouch apart carefully to remove heated product	395303

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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 Each

Amount Per Serving	
Calories	200.00
Fat	7.30g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	210.00mg
Carbohydrates	36.00g
Fiber	6.00g
Total Sugar	11.00g
Added Sugar	11.00g
Protein	4.00g
Vitamin A 209.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 3.60mg

Nutrition - Per 100g

No 100g Conversion Available