

# Mini Maple Pancakes



|                      |                           |                       |                  |
|----------------------|---------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each                 | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast                 | <b>Recipe ID:</b>     | R-8367           |
| <b>School:</b>       | 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

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 0.000 |
| <b>Grain</b>                    | 2.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.000 |
| <b>Red/Orange</b>               | 0.000 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starchy</b>                  | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

| <b>Amount Per Serving</b> |          |                  |        |
|---------------------------|----------|------------------|--------|
| <b>Calories</b>           | 200.00   |                  |        |
| <b>Fat</b>                | 6.00g    |                  |        |
| <b>Saturated Fat</b>      | 1.00g    |                  |        |
| <b>Trans Fat</b>          | 0.00g    |                  |        |
| <b>Cholesterol</b>        | 5.00mg   |                  |        |
| <b>Sodium</b>             | 210.00mg |                  |        |
| <b>Carbohydrates</b>      | 36.00g   |                  |        |
| <b>Fiber</b>              | 4.00g    |                  |        |
| <b>Total Sugar</b>        | 12.00g   |                  |        |
| <b>Added Sugar</b>        | 0.00g    |                  |        |
| <b>Protein</b>            | 4.00g    |                  |        |
| <b>Vitamin A</b>          | 0.00mcg  | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>            | 40.00mg  | <b>Iron</b>      | 3.60mg |

## Nutrition - Per 100g

No 100g Conversion Available