

Pancake Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-54859

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WRAP TKY MAPL	1 Wrap		696160

Preparation Instructions

COOK FROM THAWED OR FROZEN IN CONVENTIONAL OVEN. PRODUCT IS ALREADY COOKED, JUST NEEDS TO BE COOKED TO AN INTERNAL TEMPERATURE OF 160* F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
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	10.00g
Saturated Fat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	310.00mg
Carbohydrates	17.00g
Fiber	3.00g
Total Sugar	4.00g
Added Sugar	4.00g
Protein	7.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 20.00mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available