

Pancake with Bacon



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44239

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE BTRMLK WGRAIN	2 Each	READY_TO_EAT The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes. For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.	156101
BACON CKD RND	1 Gram	BAKE Fully cooked. Simply heat and serve.	433608

Preparation Instructions

Cook product according to instructions and place together in a boat for service.

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	164.17
Fat	3.33g
Saturated Fat	0.13g
Trans Fat	0.00g
Cholesterol	11.25mg
Sodium	197.50mg
Carbohydrates	30.00g
Fiber	2.00g
Total Sugar	10.00g
Added Sugar	4.00g
Protein	4.33g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 73.20mg	Iron 1.46mg

Nutrition - Per 100g

Calories	16416.67
Fat	333.33g
Saturated Fat	12.50g
Trans Fat	0.00g
Cholesterol	1125.00mg
Sodium	19750.00mg
Carbohydrates	3000.00g
Fiber	200.00g
Total Sugar	1000.00g
Added Sugar	400.00g
Protein	433.33g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 7320.00mg	Iron 146.00mg