

Oven-Baked Pancakes

Grains/Breads

Grains/Breads

A-06

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups	1. In a mixing bowl, use the whip attachment on low speed to combine all ingredients for 30 seconds. Scrape the sides of the bowl and mix on medium speed for 1 minute until batter is smooth. 2. Pour 1 qt 1 cup (2 lb 15 oz) of batter into each lightly greased half-sheet pan (18" x 13" x 1"). 3. To Bake: Conventional Oven: 450 degrees F, 10 minutes Convection Oven: 400 degrees F, 8 minutes Bake until golden brown. 4. Cut each pan into 25 pieces (5 x 5).
Baking powder		2 Tbsp		1/4 cup	
Sugar		1/4 cup	4 oz	1/2 cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Fresh large eggs OR		2 each		4 each	
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
Vegetable oil		1/4 cup		1/2 cup	
Lowfat milk		3 cups		1 qt 2 cups	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread	25 Servings: 2 lb 9 oz	25 Servings: 1 qt 1 cup (batter)
	50 Servings: 5 lb 2 oz	50 Servings: 2 qt 2 cups (batter)

Special Tip:
 For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

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Nutrients Per Serving

Calories	110	Saturated Fat	.7 g	Iron	1.0 mg
Protein	3 g	Cholesterol	20 mg	Calcium	106 mg
Carbohydrate	17 g	Vitamin A	26 RE/89 IU	Sodium	324 mg
Total Fat	3.1 g	Vitamin C	0 mg	Dietary Fiber	0 g