

Applesauce Pancakes

Grains/Breads

Grains/Breads

A-05

Ingredients	25 Servings		50 Servings		Directions	
	Weight	Measure	Weight	Measure		
Lowfat milk		1 1/4 cups		2 1/2 cups	1. In a mixing bowl, use the paddle attachment on low speed to combine milk, eggs, oil, and applesauce. Mix for 1 minute until blended.	
Fresh large eggs, beaten OR		2 each		4 each		
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	2. Sift in flour, baking powder, salt, sugar, and cinnamon. Using the whip attachment on low speed, mix batter for 15 seconds until combined. Scrape down the sides of the bowl. Increase speed to medium and mix for 1 minute.	
Vegetable oil		1/4 cup 2 Tbsp		3/4 cup		
Canned applesauce	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt		
All-purpose flour	15 oz	3 cups	1 lb 14 oz	1 qt 2 cups		
Baking powder		2 Tbsp		1/4 cup		
Salt		1 tsp		2 tsp		
Sugar		1/4 cup	4 oz	1/2 cup		
Ground cinnamon		1/4 tsp		1/2 tsp		
						3. Portion batter with level No. 20 scoop (3 1/3 Tbsp) onto griddle, which has been heated to 375 degrees F. (If desired, lightly oil griddle surface.)
						4. Cook until surface of pancake is covered with bubbles and bottom side is lightly browned, about 2 minutes. Turn and cook until lightly browned on other side, about 1 minute.

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice of bread	25 Servings: 3 lb 1 oz	25 Servings: 1 qt 3 1/2 cups (batter)
	50 Servings: 6 lb 2 oz	50 Servings: 3 qt 3 cups (batter)

Applesauce Pancakes

Grains/Breads

Grains/Breads

A-05

Nutrients Per Serving			
Calories	121	Saturated Fat	.7 g
Protein	3 g	Cholesterol	20 mg
Carbohydrate	19 g	Vitamin A	16 RE/60 IU
Total Fat	4.0 g	Vitamin C	0 mg
		Iron	1.0 mg
		Calcium	86 mg
		Sodium	223 mg
		Dietary Fiber	1 g