

# Pancakes

Grains/Breads

Grains/Breads

A-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour	1 lb	3 1/2 cups	2 lb	1 qt 3 1/4 cups	1. Blend flour, baking powder, salt, dry milk, and sugar in mixer for 3 minutes on low speed.  2. Combine eggs, water, and oil. Add to dry ingredients.  3. Blend for 2 minutes on low speed, scraping down the sides of the bowl. Batter will be lumpy. DO NOT OVERMIX.  4. Portion batter with level No. 20 scoop (3 1/3 Tbsp) onto griddle or heavy frying pan, which has been heated to 375 degrees F. (If desired, lightly oil surface.)  5. Cook until surface of pancakes is covered with bubbles and bottom side is lightly browned, approximately 2 minutes. Turn and cook until lightly browned on the other side, approximately 1 minute.  6. Serve immediately or reheat in covered steamtable pans (12" x 20" x 2 1/2").  7. To Bake: Conventional Oven: 350 degrees F, 10 to 15 minutes Convection Oven: 300 degrees F, 8 to 10 minutes
Baking powder		2 Tbsp		1/4 cup	
Salt		3/4 tsp		1 1/2 tsp	
Instant nonfat dry milk		1/2 cup		1 cup	
Sugar		2 Tbsp		2 tsp	
Fresh large eggs OR		4 each		8 each	
Frozen whole eggs, thawed	8 oz	1 cup	1 lb	2 cups	
Water		2 1/2 cups		2 Tbsp	
Vegetable oil		1/2 cup		1 cup	

SERVING:	YIELD:	VOLUME:
1 pancake provides the equivalent of 1 slice of bread	<b>25 Servings:</b> 25 (4-inch) pancakes	<b>25 Servings:</b>
	<b>50 Servings:</b> 50 (4-inch) pancakes	<b>50 Servings:</b>

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## Nutrients Per Serving

<b>Calories</b>	128	<b>Saturated Fat</b>	.9 g	<b>Iron</b>	1.1 mg
<b>Protein</b>	3 g	<b>Cholesterol</b>	35 mg	<b>Calcium</b>	80 mg
<b>Carbohydrate</b>	16 g	<b>Vitamin A</b>	16 RE/52 IU	<b>Sodium</b>	187 mg
<b>Total Fat</b>	5.4 g	<b>Vitamin C</b>	0 mg	<b>Dietary Fiber</b>	1 g