

Recipe Prep Sheet

American Dairy Association North East

990107 - Mini Pancakes with Maple Yogurt Dip

Recipe HACCP Process: #2 Same Day Service

Source: DSB

Number of Portions: 50

Portion Size: 4 pancakes each

Ingredient #	Ingredient Name	Measurements	Instructions
119542	Pancakes, Buttermilk Mini	50 (4 pancake)	No Instructions Assigned
119539	Maple Syrup	2 1/2 Cup	
001295	YOGURT,VANILLA,NON-FAT	12 LB + 8 oz	
			<p>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</p> <p>Mix maple syrup with vanilla yogurt. Portion 2 oz. cups and set in cooler.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>
			<p>Heat pancakes according to manufacturer's instructions.</p> <p>Serve 1.5 oz. equivalent portion with 2 oz. of yogurt dip.</p> <p>CCP: Heat to 155° F or higher for at least 15 Seconds</p> <p>CCP: Hold at 135° F or higher.</p>

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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*Nutrients are based upon 1 Portion Size (4 pancakes each)

Calories ¹	222.303 kcal	Total Fat	3.280 g	Total Dietary Fiber	0.400 g	Vitamin C	0.000 mg	13.279% Calories from Total Fat
Saturated Fat ¹	0.520 g	Trans Fat ²	*0.040* g	Protein	5.534 g	Iron	1.640 mg	2.105% Calories from Sat Fat
Sodium ¹	266.800 mg	Cholesterol	7.802 mg	Vitamin A	595.953 IU	Water	*89.584* g	*0.162%* Calories from Trans Fat
Sugars	*6.668* g	Carbohydrate	43.521 g	Calcium	165.621 mg	Ash	*N/A* g	78.309% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			9.958% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	.5 oz eq	Grain	1.5 oz eq	Fruit	cup
				Vegetable	cup
				Milk	cup

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