

# Pancakes Using MasterMix (A-15)

Meal Components: Grains

Breads, A-12A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Master Mix (A-15)	1 lb 6 1/2 oz	1 qt 1/2 cup	2 lb 13 oz	2 qt 1 cup	<ol style="list-style-type: none"> <li>Combine Master Mix and sugar in a mixer for 3 minutes on low speed.</li> </ol>
Sugar		2 Tbsp 2 tsp	2 1/4 oz	1/3 cup	
Frozen whole eggs, thawed	8 oz	3/4 cup 3 Tbsp	1 lb	1 3/4 cups 2 Tbsp	<ol style="list-style-type: none"> <li>In a separate bowl, combine eggs and water. Add to dry ingredients. Blend for 1 minute on low speed. Scrape down sides of bowl.</li> </ol>
OR		OR		OR	
Fresh large eggs		5 each		9 each	
Water		2 1/2 cups 2 Tbsp		1 qt 1 1/4 cups	<ol style="list-style-type: none"> <li>Blend for 1 minute on low speed. DO NOT OVERMIX. Batter will be lumpy</li> <li>Portion batter with level No. 20 scoop (3 ? Tbsp) onto griddle or heavy frying pan, which has been heated to 375° F. (If desired, lightly oil</li> </ol>

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.
7. Portion is 1 pancake.
8. No CCP necessary.

### Notes

A new nutrient analysis will be coming. Edited July 2014. Restandardization in progress.

The grain ingredient in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

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> 1 quart 1 ¼ cups (batter)
	<b>50 Servings:</b> 50 (4-inch) pancakes	<b>50 Servings:</b> 2 quarts 2 ½ cups (batter)

**Nutrients Per Serving**

Calories	124	Saturated Fat	1.39 g	Iron	1.05 mg
Protein	3.34 g	Cholesterol	39 mg	Calcium	94 mg
Carbohydrate	15.4 g	Vitamin A	66 IU	Sodium	196 mg
Total Fat	5.37 g	Vitamin C	0.1 mg	Dietary Fiber	0.5 g