

# Pancakes - USDA Recipe B130

Meal Components: Grains, Meat / Meat Alternate

B13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	<ol style="list-style-type: none"> <li>Combine flour, cinnamon, baking powder, salt, dry milk, and sugar in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.</li> <li>Combine eggs, vanilla, water, and oil in a large bowl. Stir well.</li> </ol>
Cinnamon		1/4 tsp		1/2 tsp	
baking powder		2 Tbsp		1/4 cup	
Salt		1/2 tsp		1 tsp	
Instant nonfat dry milk	1 1/4 oz	1/3 cup	2 1/2 oz	2/3 cup	
Sugar	1 1/8 oz	1/8 cup	2 1/4 oz	1/4 cup	
Frozen whole eggs, thawed	7 oz	3/4 cup 1 Tbsp 1 tsp	14 oz	1 1/2 cups 2 Tbsp 2 tsp	
Vanilla extract		1/2 tsp		1 tsp	
Water		2 2/3 cups		1 qt 1 1/3 cups	

3. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX.
4. Lightly coat griddle surface with pan release spray. Heat griddle to 375 °F.
5. Portion batter with No. 20 scoop (3 Tbsp 1 tsp) onto hot griddle.
6. Cook until surface of pancake is covered with bubbles and bottom side is lightly browned for approximately 2 minutes.
7. Turn pancake and cook until lightly browned on other side for approximately 1 minute.
8. Transfer to a steam table pan (12" x 20" x 2 1/2").
9. Critical Control Point: Hold for hot service at 140 °F.
10. Serve 1 pancake.

---

Variation: Fresh banana, whole, pureed	4 oz	1/4 cup 2 Tbsp 1 1/2 tsp	8 oz	3/4 cup 1 Tbsp
Applesauce, unsweetened	8 oz	1 cup	1 lb	2 cups
Variation: Fresh blueberries, slightly crushed	8 oz	1 1/2 cups	1 lb	3 cups

---

11. Variation: Fold in fruit after step 3. Stir gently. Continue with step 4.

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

### Serving

NSLP/SBP Crediting Information: 1 pancake provides 1/4 oz equivalent meat/meat alternate and 1 oz equivalent grains.

CACFP Crediting Information: 1 pancake provides 1/4 oz meat/meat alternate and 1 serving grains/bread.

Serving	Yield	Volume
See Notes	<b>25 Servings:</b> about 2 lb 12 oz	<b>25 Servings:</b> about 1 quart 1 1/2 cups / 25 pancakes
	<b>50 Servings:</b> about 5 lb 8 oz	<b>50 Servings:</b> about 2 quarts 3 cups / 50 pancakes

**Nutrients Per Serving**

Calories	116	Saturated Fat	1 g	Iron	
Protein	4 g	Cholesterol	32 mg	Calcium	48 mg
Carbohydrate	15 g	Vitamin A	72 IU	Sodium	198 mg
Total Fat	5 g	Vitamin C		Dietary Fiber	2 g