

Applesauce Pancakes

Meal Components: Grains

Breads, A-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-fat 1% milk		1 1/4 cups		2 1/2 cups	<ol style="list-style-type: none"> Combine milk, eggs, oil, and applesauce in a mixing bowl. Mix with paddle attachment for 1 minute on low speed until blended.
Frozen whole eggs, thawed	4 oz	1/2 cup	8 oz	1 cup	
OR		OR		OR	
Fresh large eggs		3 each		5 each	
Vegetable oil		1/4 cup 2 Tbsp		3/4 cup	
Canned applesauce	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	
Whole wheat/enriched blend flour	15oz	3 1/2 cups	1 lb 14 oz	1 qt 3 cups	<ol style="list-style-type: none"> Sift in flour, baking powder, salt, sugar, and cinnamon. Using the whip attachment, mix batter for 15 seconds on low speed until combined. Scrape down sides of bowl.
baking powder		2 Tbsp		1/4 cup	
Salt		1 tsp		2 tsp	

Ground cinnamon

1/4 tsp

1/2 tsp

3. Mix for 1 minute on medium speed.
4. Portion batter with level No. 16 scoop (1/4 cup) onto griddle, which has been heated to 375° F. (If desired, lightly oil griddle surface.)
5. 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.
6. Portion is 1 pancake.
7. No CCP necessary.

Notes

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

The grain ingredient used 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 bread.	25 Servings: 3 lb 1 oz	25 Servings: 25 pancakes 1 quart 2 ¼ cups (batter)
	50 Servings: 6 lb 2 oz	50 Servings: 50 pancakes 3 quarts ½ cups (batter)

Nutrients Per Serving					
Calories	128	Saturated Fat	1 g	Iron	1 mg
Protein	3 g	Cholesterol	20 mg	Calcium	102 mg
Carbohydrate	20 g	Vitamin A	56	Sodium	193 mg
Total Fat	4 g		unknown	Dietary Fiber	1 g
		Vitamin C	1 mg		