

# Applesauce Pancakes

Grains/Breads

Grains/Breads

A-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Lowfat 1% milk		1 ¼ cups		2 ½ cups	1. 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	½ cup	8 oz	1 cup	
OR Fresh large eggs		OR 3 each		OR 5 each	
Vegetable oil		¼ cup 2 Tbsp		¾ cup	
Canned applesauce	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt	
Enriched all-purpose flour	15 oz	3 ½ cups	1 lb 14 oz	1 qt 3 cups	2. 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		¼ cup	
Salt		1 tsp		2 tsp	
Sugar	2 oz	¼ cup	4 oz	½ cup	
Ground cinnamon		¼ tsp		½ tsp	
					3. Mix for 1 minute on medium speed.
					4. Portion batter with level No. 16 scoop (¼ 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.

# Applesauce Pancakes

Grains/Breads

Grains/Breads

A-05

SERVING:	YIELD:	VOLUME:
1 pancake provides the equivalent of 1 slice bread.	<b>25 Servings:</b> 3 lb 1 oz	<b>25 Servings:</b> 25 pancakes 1 quart 2 ¼ cups (batter)
	<b>50 Servings:</b> 6 lb 2 oz	<b>50 Servings:</b> 50 pancakes 3 quarts ½ cups (batter)
Edited 2014		

Nutrients Per Serving					
<b>Calories</b>	128	<b>Saturated Fat</b>	0.71 g	<b>Iron</b>	1.07 mg
<b>Protein</b>	2.76 g	<b>Cholesterol</b>	20 mg	<b>Calcium</b>	102 mg
<b>Carbohydrate</b>	20.23 g	<b>Vitamin A</b>	56 IU	<b>Sodium</b>	193 mg
<b>Total Fat</b>	4.06 g	<b>Vitamin C</b>	0.5 mg	<b>Dietary Fiber</b>	0.7 g