

# Oven-Baked Whole Wheat Pancakes

Grains/Breads

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A-06A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat flour	7 oz	1 ½ cups	14 oz	3 cups	<ol style="list-style-type: none"> <li>Combine flours, baking powder, sugar, salt, eggs, oil and milk in a mixing bowl. Using the whip attachment, mix for 30 seconds on low speed. Scrape down sides of bowl.</li> <li>Mix for 1 minute on medium speed until batter is smooth.</li> <li>Into each half-sheet pan (13" x 18" x 1") which has been lightly coated with pan release spray, pour 2 lb 15 oz (1 qt 1 cup) of batter. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>Bake until golden brown: Conventional oven: 450° F for 10 minutes Convection oven: 400° F for 8 minutes</li> <li>Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</li> <li>No CCP necessary.</li> </ol>
Enriched all-purpose flour	7 oz	1 ½ cups 1 Tbsp	14 oz	3 cups 2 Tbsp	
Baking powder		2 Tbsp		¼ cup	
Sugar	2 oz	¼ cup	4 oz	½ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	
OR		OR		OR	
Fresh large eggs		3 each		5 each	
Vegetable oil		¼ cup		½ cup	
Lowfat 1% milk		3 cups		1 qt 2 cups	

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 1 slice bread.	<b>25 Servings:</b> 2 lb 9 oz  <b>50 Servings:</b> 5 lb 2 oz	<b>25 Servings:</b> 1 quart 1 cup (batter) 1 half-sheet pan  <b>50 Servings:</b> 2 quarts 2 cups (batter) 2 half-sheet pans

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**Special Tip:**

For best results, after pouring the batter in the pan, spray the top with vegetable oil to obtain a golden brown color.

## Nutrients Per Serving

<b>Calories</b>	103	<b>Saturated Fat</b>	0.68 g	<b>Iron</b>	0.88 mg
<b>Protein</b>	3.44 g	<b>Cholesterol</b>	20 mg	<b>Calcium</b>	124 mg
<b>Carbohydrate</b>	15.80 g	<b>Vitamin A</b>	89 IU	<b>Sodium</b>	294 mg
<b>Total Fat</b>	3.17 g	<b>Vitamin C</b>	0.3 mg	<b>Dietary Fiber</b>	1.2 g