

# Pancakes

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	<ol style="list-style-type: none"> <li>1. Combine flour, baking powder, salt, dry milk, and sugar in mixing bowl. Mix for 3 minutes on low speed.</li> <li>2. In a separate bowl, combine eggs, water, and oil. Add to dry ingredients. Blend for 1 minute on low speed. Scrape down sides of bowl.</li> <li>3. Blend for 1 minute on low speed. DO NOT OVERMIX. Batter will be lumpy.</li> <li>4. Portion batter with level No. 20 scoop (3 ⅓ Tbsp) onto griddle or heavy frying pan, which has been heated to 375° F. (If desired, lightly oil griddle surface.)</li> <li>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.</li> <li>6. Serve immediately.</li> <li>7. Portion is 1 pancake.</li> <li>8. No CCP necessary</li> </ol>
Baking powder		2 Tbsp		¼ cup	
Salt		¾ tsp		1 ½ tsp	
Instant nonfat dry milk		½ cup		1 cup	
Sugar		2 Tbsp 2 tsp		⅓ cup	
Frozen whole eggs, thawed	8 oz	¾ cup 3 Tbsp	1 lb	1 ¾ cups 2 Tbsp	
OR Fresh large eggs		OR 5 each		OR 9 each	
Water		2 ½ cups 2 Tbsp		1 qt 1 ¼ cups	
Vegetable oil		½ cup		1 cup	

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)

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Grains/Breads

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A-12

Tested 2004

## Nutrients Per Serving

<b>Calories</b>	129	<b>Saturated Fat</b>	0.92 g	<b>Iron</b>	1.10 mg
<b>Protein</b>	3.48 g	<b>Cholesterol</b>	39 mg	<b>Calcium</b>	89 mg
<b>Carbohydrate</b>	16.32 g	<b>Vitamin A</b>	90 IU	<b>Sodium</b>	207 mg
<b>Total Fat</b>	5.46 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	0.5 g