

BREADS AND SWEET DOUGHS No.D 025 00
PANCAKES

Yield 100

Portion 2 Cakes

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 253 cal | 41 g | 7 g | 6 g | 53 mg | 512 mg | 207 mg |

Ingredient

FLOUR,WHEAT,GENERAL PURPOSE
 BAKING POWDER
 MILK,NONFAT,DRY
 SALT
 SUGAR,GRANULATED
 EGGS,WHOLE,FROZEN
 WATER
 OIL,SALAD
 COOKING SPRAY,NONSTICK

Weight

9-7/8 lbs
 8-3/4 oz
 13-1/4 oz
 1-7/8 oz
 12-1/3 oz
 2-2/3 lbs
 13 lbs
 1 lbs
 2 oz

Measure

2 gal 1 qts
 1-1/8 cup
 1 qts 1-1/2 cup
 3 tbsp
 1-3/4 cup
 1 qts 1 cup
 1 gal 2-1/4 qts
 2 cup
 1/4 cup 1/3 tbsp

Issue

Method

- 1 Sift together flour, baking powder, milk, salt, and sugar into mixer bowl.
- 2 Add eggs and water; mix at low speed about 1 minute or until blended.
- 3 Blend in salad oil or melted shortening about 1 minute.
- 4 Lightly spray griddle with non-stick spray. Pour 1/4 cup batter onto hot griddle. Cook on one side 1-1/2 to 2 minutes or until top is covered with bubbles and underside is browned. Turn; cook on other side 1-1/2 to 2 minutes.