



# Sizing Prep Report

American Dairy Association North East

## 990107 - Mini Pancakes with Maple Yogurt Dip

Recipe HACCP Process: #2 Same Day Service

Source: DSB

Number of Portions: 50

Portion Size: each

Ingredient #	Ingredient Name	Measurements	Instructions
902740	PANCAKES, FROZEN, EGGO, BUTTERMILK MINI	4 LB + 11 oz	No Instructions Assigned
051543	Yogurt, High-Protein, Vanilla, Tubs	6 LB + 4 oz	<p><b>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</b></p> <p>Mix 1 Tbsp of maple syrup with 1 cup of vanilla yogurt. Portion in four 2 oz souffle cups and set in cooler.</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p><b>CCP:</b> Refrigerate until served.</p>
902687	EGGO MAPLE SYRUP	1 1/2 CUP + 1 tbsp	
			<p>Heat pancakes according to Manufacturer's Instructions.</p> <p>Serve 1.5 oz equivalent portion with 2 oz of yogurt dip.</p> <p>Students may still take 2 fruit servings and a milk with their breakfast.</p> <p><b>CCP:</b> Heat to 155° F or higher for at least 15 Seconds</p> <p><b>CCP:</b> Hold at 135° F or higher.</p>

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*

*<sup>1</sup> - denotes required nutrient values*

*<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.*

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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\*Nutrients are based upon 1 Portion Size (each)

Calories <sup>1</sup>	192.972 kcal	Total Fat	3.530 g	Total Dietary Fiber	0.425 g	Vitamin C	0.000 mg	16.461% Calories from Total Fat
Saturated Fat <sup>1</sup>	0.595 g	Trans Fat <sup>2</sup>	0.034 g	Protein	7.479 g	Iron	1.743 mg	2.776% Calories from Sat Fat
Sodium <sup>1</sup>	262.737 mg	Cholesterol	7.609 mg	Vitamin A	387.462 IU	Water	*17.180* g	0.159% Calories from Trans Fat
Sugars	*6.520* g	Carbohydrate	32.682 g	Calcium	101.211 mg	Ash	*N/A* g	67.745% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			15.503% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	.5 oz eq	Grain	1.5 oz eq	Fruit	cup
				Vegetable	cup
				Milk	cup

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