

**B151 - PANCAKE, WHOLE GRAIN, FROZEN, BULK, 12 LB**



**Nutrition Information**

Whole grain pancake

	1 pancake (32 g)	2 pancakes (65 g)
Calories	77	153
Protein	2.33 g	4.67 g
Carbohydrate	12.67 g	25.33 g
Dietary Fiber	1.0 g	2.0 g
Sugars	1.67 g	3.34 g
Total Fat	2.0 g	4.0 g
Saturated Fat	0.33 g	0.66 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	13 mg	27 mg
Iron	0.4 mg	0.8 mg
Calcium	20 mg	40 mg
Sodium	160 mg	320 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	33 IU	67 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Grains/Breads</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>These whole grain pancakes are made with whole wheat flour or a combination of whole wheat flour and enriched wheat flour. The pancakes meet the HealthierUS School Challenge whole grain criteria for a whole grain food.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>12 lb case.</li> <li>One 12 lb case AP yields about 144 pancakes and provides about 72 servings (2 pancakes = 1 serving).</li> <li>CN Crediting: 1 Whole grain pancake made with whole wheat flour provides 1 serving Grains/Breads.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen whole grain pancakes at 0 °F or below in original shipping case off the floor.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Follow manufacturer's directions on package.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>The whole grain pancake or in convection, conventional, or microwave oven. It may also be heated in a slot toaster; however, frozen pancake may require more than one toasting cycle. For best results do not use griddle to heat.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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