

Oven-Baked Whole Wheat Pancakes

Component: Grains

Recipe #A-06

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Whole wheat flour		3 cups 2 Tbsp			<p>1. 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.</p> <p>2. Mix for 1 minute on medium speed until batter is smooth.</p> <p>3. 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.</p> <p>4. Bake until golden brown: Conventional oven: 450° F for 10 minutes Convection oven: 400° F for 8 minutes.</p> <p>5. To test for doneness, insert a clean knife into center of the baked pancake. If the knife comes out clean or with a few moist crumbs clinging to it, the pancakes are done.</p> <p>6. Cut each pan 5 x 5 (25 pieces). Portion is 1 piece.</p>
Enriched flour		3 cups			
Baking powder		4 Tbsp			
Sugar		1/2 cup			
Salt		4 tsp			
Pasteurized frozen whole eggs, thawed OR Pasteurized fresh large eggs	8 oz	1 cup OR 5 each			
Vegetable oil		1/2 cup			
Low-fat milk		6 cups			

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Notes:

Nutrient Information from USDA.

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

Serving: 1 piece provides the equivalent of one slice of bread.

1-2 years: 1/2 piece

3-5 years: 1/2 piece

6-18 years: 1 piece

Nutrients Per Serving

Calories	98	Saturated Fat	0.55 g	Iron	0.77 mg
Protein	3.38 g	Cholesterol	20.11 mg	Calcium	187 mg
Carbohydrate	14.32 g	Vitamin A RAE	24.51 RAE mcg	Sodium	205 mg
Total Fat	3.25	Vitamin C	0 mg	Dietary Fiber	1.01 g