



825710 - Peachy Sheet Pan Pancakes: can

Source: K12 Culinary
 Number of Portions: 32
 Size of Portion: each

Components:

Meat/Alt:
 Grains: 1 oz
 Fruit: 0.125 cup
 Vegetable:
 Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
051477 Peaches, Diced, Extra Light Syrup, Canne.....	1 qt	Preheat convection oven to 325° F. Spray one full size sheet pans with pan release spray. Drain peaches and dice into ½" pieces. Set aside
001001 BUTTER,WITH SALT.....	1/2 cup	Melt butter (may substitute margarine). Set aside.
020649 WHEAT FLR,WHOLE-GRAIN,SOFT WHEAT..... 018370 LEAVENING AGENTS,BAKING PDR,DOUBLE-ACTIN... 018372 LEAVENING AGENTS,BAKING SODA..... 002047 SALT,TABLE.....	10 ozs 1 Tbsp + 1 tsp 2 tsp 1/2 tsp	In a large bowl, combine whole wheat flour, all-purpose flour, baking powder, baking soda, and salt. Whisk until combined.
001286 YOGURT,GREEK,VANILLA,NONFAT..... 001082 MILK,LOWFAT,FLUID,1% MILKFAT,W/ ADDED VI..... 001123 EGG,WHL,RAW,FRSH..... 019335 SUGARS,GRANULATED.....	2 cups 2 cups 4 large 1/2 cup	In another large bowl or mixer bowl, combine yogurt, milk, eggs, sugar, and melted butter. Use a whisk or whip attachment to mix until smooth. Add dry ingredients to wet ingredients in the bowl or mixer. Mix gently until dry ingredients are just moistened. Do not overmix or pancakes will be tough. Gently fold peaches into batter.
		Pour batter (1 gallon and 1 quart) into the prepared pan. Bake 15-20 minutes or until lightly browned and a knife inserted in the center comes out clean. Cut each pan 4 x 8 to create 32 servings. Serve with tongs or gloved hands. CCP: No bare hand contact with ready to eat food.

*Nutrients are based upon 1 Portion Size (each)

Calories	109 kcal	Cholesterol	32 mg	Sugars	8.7 g	Calcium	82.76 mg	31.62%	Calories from Total Fat
Total Fat	3.82 g	Sodium	205 mg	Protein	3.41 g	Iron	0.52 mg	17.98%	Calories from Saturated Fat
Saturated Fat	2.17 g	Carbohydrates	15.66 g	Vitamin A	228.2 IU	Water ¹	*31.54* g	*0.99%*	Calories from Trans Fat
Trans Fat ²	*0.12* g	Dietary Fiber	1.48 g	Vitamin C	0.3 mg	Ash ¹	*1.08* g	57.62%	Calories from Carbohydrates
								12.53%	Calories from Protein

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

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.