

# Quest Food Management

001685 - breakfast pancake maple mini : nslp	Components	Attributes
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: serving	Meat/Alt: Grains: 2 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
902946 pancakes maple mini gfs 269220...	50 package = 2g/b	

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

Calories	230 kcal	Cholesterol	10 mg	Protein	5.00 g	Calcium	60.00 mg	27.39%	Calories from Total Fat
Total Fat	7.00 g	Sodium	270 mg	Vitamin A	0.0 RE	Iron	0.72 mg	3.91%	Calories from Saturated Fat
Saturated Fat	1.00 g	Carbohydrates	40.00 g	Vitamin A	0.0 IU	Water <sup>1</sup>	0.00 g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.0 mg	Ash <sup>1</sup>	0.00 g	69.57%	Calories from Carbohydrates
								8.70%	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

<sup>1</sup> - denotes optional nutrient values