

# Mini Pancakes with Yogurt Cup (LR100012)

**Allergens:** Contains Egg, Milk, Soy, Wheat;  
**Meal Contribution:** 2 WGR, 2 Meat/MA  
**Number of Servings:** 1 **Serving Size:** 1 bag, single serving  
**Moisture gain/loss%:** 0.0000 **Yield:** 7 1/8 Ounce  
**Waste gain/loss%:** 0.0000 **Fat gain/loss% :** 0.0000  
**Total Recipe Cost:** \$0.0000 **Cost Per Serving:** \$0.0000

Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient Name	Quantity
				Pancakes, Minis Maple, Eggo, Kellogg's, 3800092562, WGR SI104497	1 pouch
				Yogurt, Trix Raspberry Rainbow, Low Fat, 4oz, Yoplait, General Mills, 70470-17725, MMA SI100159	1 container (4 oz)

**Nutritional Information**

	Fat	SFat	Carb	Protein	Sugar
<b>% of Calories</b>	18.87	4.36	70.97	9.03	32.258

**Nutrients per 100 g**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
155.779	3.266	0.754	0	7.538	185.93	27.638	2.01(M)	12.563	3.518	1.357(M)	80.402	502.513	0(M)	(M)	(M)

**Nutrients per serving (199 g)**

FE (Kcal)	Fat (g)	Sfat (g)	TFat (g) (1)	Chol (mg)	Na (mg)	Carb (g)	TDF (g)	Sugars (g)	Pro (g)	Fe (mg)	Ca (mg)	A,IU	VitC (mg)	Mois (g)	Ash (g)
310	6.5	1.5	0	15	370	55	4(M)	25	7	2.7(M)	160	1000	0(M)	(M)	(M)

(M) Indicates missing values.  
 1 Trans Fat is provided for informational purposes, not for monitoring purposes.