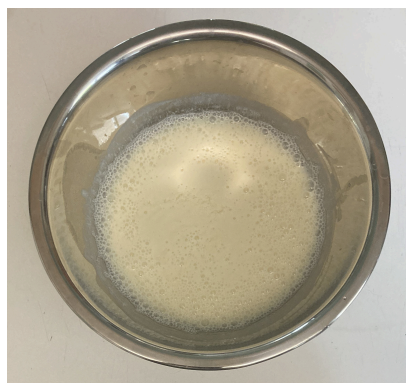


Homestyle Pancakes

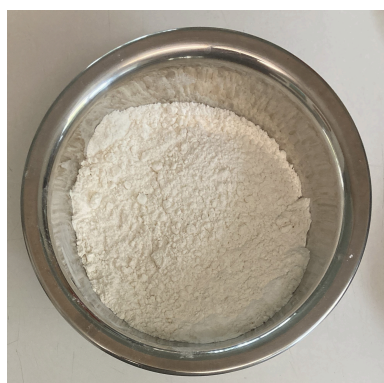
| Recipe group | Additional name | Diet factors | Portions | Portion size |
|---------------------|-------------------|--------------|----------|--------------|
| Breakfast, American | Breakfast Recipes | VG, NF | 12 | 9.63 oz |

| | Capacity measure | EP | Trim loss | AP | Name of ingredient | Methods |
|---|------------------|----|-----------|--------------|---------------------------------------|---|
| 1 | 8 cup | | 0% | 4.00 lb | Non-Dairy Milk, Soy <i>Vanilla</i> | For Buttermilk: In a medium bowl, stir ingredients in step 1 and allow to sit 10 minutes to curdle. |
| | 1/2 cup | | 0% | 0 lb 4.00 oz | Vinegar, Apple Cider | |

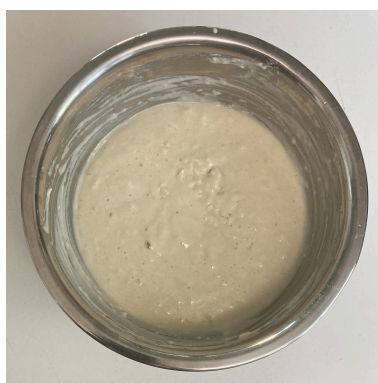


Buttermilk.

| | Capacity measure | EP | Trim loss | AP | Name of ingredient | Methods |
|---|------------------|----|-----------|--------------|--------------------------|--|
| 2 | 8 cup | | 0% | 2 lb 4.80 oz | Flour, All-Purpose | For Pancakes: Combine ingredients in step 2 and stir into "buttermilk." Leave batter slightly lumpy. |
| | 1 cup | | 0% | 0 lb 7.10 oz | Sugar, White, granulated | |
| | 1/2 cup | | 0% | 0 lb 3.45 oz | Baking Powder | |
| | 2 tsp | | 0% | 0 lb 0.19 oz | Salt, Kosher | |



Combine dry ingredients.



Batter should be lumpy.

| | Capacity measure | EP | Trim loss | AP | Name of ingredient | Methods |
|---|------------------|----|-----------|----|--------------------|---|
| 3 | | | | | | On a greased flat top grill or large sauté pan, over medium heat, ladle batter into 4-inch circles and allow to cook 3-4 minutes per side until golden brown. Pancakes can be held hot in hotel pans until ready for service. |

3



Portion batter to cook.



Flip pancake and cook through.

Capacity
measure

EP

Trim
loss

AP Name of ingredient

Methods

4

For Service: Portion 4 pancakes onto a plate and serve with maple syrup and desired toppings.

4



Final- Homestyle Pancakes

RECIPE IMAGES



Homestyle Pancakes

ALLERGENS

-

WEIGHTS

| | Raw | Cooking loss | Cooked | Loss when served | Final |
|-----------------|--------------|--------------|--------------|------------------|--------------|
| Total weight | 7 lb 3.54 oz | 0 % | 7 lb 3.54 oz | 0 % | 7 lb 3.54 oz |
| Size of portion | 9.63 oz | | 9.63 oz | | 9.63 oz |

ADDITIONAL INFO

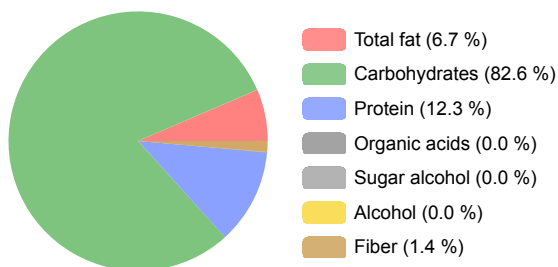
MEMO

NUTRITION INFORMATION

per portion

| Energy nutritives | | | Calories | RDI | Minerals | | RDI | |
|---------------------------|----------------|-------------|--------------------|-------------|-------------|---------------|------|-------------|
| | | RDI | | | | | | |
| Total fat | 3.32 g | 4 % | 441.14 kcal | 22 % | Salt | 0.61 g | | |
| Saturated | 0.46 g | 2 % | 1,845.72 kJ | | Salt | 0.22 % | | |
| Monounsaturated | 0.67 g | | | | Sodium | 242.68 mg | 11 % | Vitamins |
| Polyunsaturated | 1.89 g | | | | Phosphorus | 702.89 mg | 56 % | Vitamin A |
| Trans fatty acids | 0.00 g | | | | Potassium | 1,104.93 mg | 24 % | Vitamin D |
| Cholesterol | 0.00 mg | 0 % | | | Iron | 2.41 mg | 13 % | Thiamine |
| Linolenic acid | 0.35 g | | | | Calcium | 554.54 mg | 43 % | Riboflavin |
| Alpha-linolenic acid | 0.00 mg | | | | Zinc | 0.67 mg | 6 % | Niacin |
| Total Carbohydrate | 89.65 g | 33 % | | | Magnesium | 46.16 mg | 11 % | Vitamin B6 |
| Sugars total | 17.63 g | 35 % | | | Iodine | 0.00 µg | 0 % | Vitamin B12 |
| Added sugar | 0.00 g | 0 % | | | Selenium | 29.60 µg | 54 % | Folate |
| Lactose | 0.00 g | | | | Copper | 0.25 mg | 28 % | Vitamin C |
| Fiber | 3.28 g | 12 % | | | | | | Vitamin E |
| Organic acids | 0.00 g | | | | | | | Vitamin K |
| Sugar alcohol | 0.00 g | | | | | | | |
| Starch | 0.00 g | | | | | | | |
| Protein | 13.31 g | 27 % | | | | | | |
| Alcohol | 0.00 g | 0.00 % | | | | | | |
| | | | | | | | | Others |
| | | | | | | | | Water |
| | | | | | | | | 160.56 g |

PERCENTAGE OF ENERGY



CO2



Comparable values

| | |
|--------------|---------|
| Snacks | 0.82 kg |
| Main courses | 1.15 kg |
| Desserts | 0.52 kg |

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.