

Chicken Sausage Pancake

Gold Kist Chicken® Fully Cooked Chicken Sausage Patties covered in whole grain pancake batter and griddled to create a dippable breakfast treat.



YIELD

100 servings

MENU FIT/DAYPART

Breakfast/Lunch

COMPONENTS

1oz eq M/MA

DIFFICULTY

Easy

ALLERGENS

Wheat

INGREDIENTS AND PREPARATION

100 pieces Gold Kist Chicken Sausage Patties (6390), thawed in refrigerator overnight

Cooking oil, to grease griddle

100 servings whole grain pancake mix

1. Preheat flat top griddle to 350°F.
2. In a large bowl, prepare whole grain pancake batter per package directions to make 100 pancakes.
3. Dip each thawed chicken sausage patty into pancake batter and place on greased hot flat top griddle. Cook on each side until pancake is done, about 2 minutes.
4. Cut in half and serve with syrup.

Nutrition Facts	
Serving Size 6oz (103g) (1 pancake)	
Amount Per Serving	
Calories 360	Calories from Fat 180
<hr/>	
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 12g	
Cholesterol 60mg	20%
Sodium 740mg	31%
Potassium 85mg	2%
Total Carbohydrate 36g	12%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 13g	26%
Vitamin A 0%	Vitamin C 0%
Calcium 25%	Iron 10%
Folate 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	Less than 3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Serving Suggestions: For breakfast, serve with mixed berries, vanilla yogurt and milk. For lunch, serve with roasted potatoes, mixed berries and milk.



Get the products and support trusted by so many. Talk to your representative today:
Call 800.336.9876 or visit GoldKist.com