

Buttermilk Pancake Mix

Nutrition Facts

32 servings per container

Serving size 1/3 Cup (46g) Dry
(about 3 4" Pancakes prepared)

Amount per serving

Calories **160**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 560mg **24%**

Total Carbohydrate 33g **12%**

Dietary Fiber 1g **4%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 110mg **8%**

Iron 3mg **15%**

Potassium 106mg **2%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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DIRECTIONS FOR PANCAKES:

Yield: 9 4-inch pancakes

1. Remove oxygen absorber and discard.
2. Preheat oiled skillet to 375°F.
3. Add 1 Cup pancake mix to 3/4 Cup cold water. Batter will be slightly lumpy, do not over mix.
4. Adjust water to reach desired consistency.
5. Cook pancakes 1 to 1 1/2 minutes per side or until golden brown, turning only once.

DIRECTIONS FOR WAFFLES:

Yield: 12 4-inch waffles

1. Remove oxygen absorber and discard.
2. Preheat oiled waffle iron.
3. Add 2 1/4 Cups pancake mix with 2 Cups cold water.
4. Mix in 2 Tablespoons vegetable oil.
5. Batter will be slightly lumpy, do not over mix.
6. Adjust water to reach desired consistency.
7. Cook waffles until steam stops.

INGREDIENTS: Cake flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, enzyme), sugar, soybean flour, dextrose, buttermilk powder, baking soda, corn starch, leavening agent (sodium acid pyrophosphate), non-iodized salt, leavening agent (monocalcium phosphate monohydrate), eggs (whole eggs, less than 2 percent sodium silicoaluminate as an anticaking agent), soybean oil.

Contains allergens: Egg, milk, soy and wheat.