

Old Fashion Pancake Mix

**POUCH MAKES
16 - 4" ROUND CAKES**

Nutrition Facts

Serving Size 1.5 cups (100g)
Servings Per Container 4

Amount Per Serving

Calories 740 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 1.5g

Cholesterol 35mg **12%**

Sodium 900mg **38%**

Total Carbohydrate 151g **50%**

Dietary Fiber 4g **16%**

Sugars 12g

Protein 16g

Vitamin A 2% • Vitamin C 2%

Calcium 60% • Iron 50%

* 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

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

DIRECTIONS

1. Add 1 cups mix to 1/2 cup cold water and 2 tablespoons oil-mix.
2. Add more water until desired consistency is reached.
3. Pre-heat oiled skillet/griddle to 375°F.
4. Cook pancakes 1 - 1 1/2 minutes per side until golden brown.

INGREDIENTS: Unbleached wheat flour enriched (niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), Sugar, Partially Hydrogenated Soy Bean Oil, Soy Flour, Dextrose, Calcium Sulfate, Corn Flour, Egg Yolks, Sodium bicarbonate, Salt, Buttermilk, Sodium Aluminum Phosphate, Whey Protein Concentrate, Maltodextrin, MonoCalcium Phosphate.

ALLERGENS: Egg, Milk, Soy, and Wheat.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- Good Source of Protein
- Vegetarian
- Kosher Certified
- Uses Sea Salt
- High Calcium

Made in the USA

