

# Nutrition Facts

About 10 servings per container

**Serving size** 1/3 Cup Mix (45g)

<b>Calories</b>	Per 1/3 cup dry mix		Per 1 pancake prepared	
	<b>160</b>		<b>210</b>	
	% Daily Value*		% Daily Value*	
<b>Total Fat</b>	0.5g	1%	4g	5%
Saturated Fat	0g	0%	1.5g	8%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	70mg	23%
<b>Sodium</b>	510mg	22%	550mg	24%
<b>Total Carbohydrate</b>	33g	12%	36g	13%
Dietary Fiber	<1g	4%	<1g	4%
Total Sugars	2g		4g	
Incl. Added Sugars	1g	2%	1g	2%
<b>Protein</b>	4g		8g	
<b>Vitamin D</b>	0mcg	0%	0.4mcg	2%
<b>Calcium</b>	190mg	15%	260mg	20%
<b>Iron</b>	1.4mg	8%	1.7mg	10%
<b>Potassium</b>	0mg	0%	160mg	4%

\*The % Daily Value 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.

## MAKES 10 PANCAKES

**DIRECTIONS FOR PANCAKES:** For each cup of mix, add 1 beaten egg (or 2 egg whites) and 2/3 cup of milk. Mix gently. For tender pancakes, do not over-mix. Batter can have some small lumps. For thinner pancakes add more milk. For thicker pancakes add more dry mix. Pour onto hot (400°F) greased griddle and flip once after bubbles break.

**WAFFLES:** Add 1 to 2 tablespoons of vegetable oil to the above batter. Adjust for the desired consistency and bake as directed for your waffle iron.

**INGREDIENTS:** Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Corn Flour, Dry Buttermilk, Cane Sugar, Baking Soda, Monocalcium Phosphate, Calcium Acid Pyrophosphate, and Sea Salt.

This product is manufactured in a facility that also processes Dairy, Egg and Soy.

**Buttermilk  
Pancake Mix**