

# - Betty Crocker(TM) Bisquick(TM) Pancake & Baking Mix Gluten-...

Bisquick(TM) Pancake & Baking Mix is a gluten free mix that lets you make fluffy, mouth-watering pancakes, biscuits and more for a wholesome breakfast within minutes. Available in cost-effective, 6 - 16 oz bulk format for smaller operations.



## MARKETING

A gluten free mix that lets you make fluffy, mouth-watering pancakes, biscuits and more for a wholesome breakfast within minutes.. Available in cost-effective, 6 - 16 oz bulk format for smaller operations.. Endless options to create a variety of recipes everyone will love. Versatile enough to use for breakfast, lunch, dinner or dessert.. Gluten Free. Great homemade taste. Contains no artificial flavors or colors.

## Nutrition Facts

60 Servings per container

**Serving Size** 1/4 cup mix (43g)

**Amount Per Serving**  
**Calories** **150**

% Daily Value\*

**Total Fat** 0 **0%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 390 mg **17%**

**Total Carbohydrates** 33 g **12%**

Dietary Fiber 0 g **0%**

Total Sugars 3 g

Includes 3 g Added Sugars **5%**

**Protein** 3 g

Vitamin D 0 mcg 0%

Calcium 70 mg 6%

Iron 0 mg 0%

Potassium 0 mg 0%

\* The % Daily Values (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.

## PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack			
27746000	054117	10016000277462	6/16 OZ			
Brand	Brand Owner	GPC Description				
Bisquick	GENERAL MILLS SALES INC.	Baking/Cooking Mixes (Shelf Stable)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
7.170 LBR	6.000 LBR	No	US, CA	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
9.560 INH	5.180 INH	8.120 INH	0.23300 FTQ	38x6	465 Days	32 FAH / 95 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	UNSPECIFIED	N/A			

## HANDLING SUGGESTIONS

Keep in a cool, dry place Do Not Eat Raw Batter

## ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - INII
- Eggs - INII
- Soybean - INII
- Wheat - INII
- Sesame - INII
- Pine Nuts - INII
- Cashews - INII
- Macadamia Nuts - INII
- Coconuts - INII
- Brazil Nuts - INII
- Walnuts - INII
- X99 - UN
- Peanuts - INII
- Tree - INII
- Fish - INII
- Shellfish - NI
- Crustaceans - INII
- Almonds - INII
- Hazelnuts - INII
- Chestnuts - INII
- Pecan Nuts - INII
- Pistachios - INII
- Molluscs - INII

## INGREDIENTS

Rice Flour, Sugar, Leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), Modified Potato Starch, Salt, Xanthan Gum.

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### PREPARATION & COOKING SUGGESTIONS

GLUTEN FREE PANCAKES MAKES 10 PANCAKES 1 cup Gluten Free Bisquick™ Mix 1 cup milk 2 Tbsp vegetable oil 1 egg 1 STIR ingredients until blended. 2 POUR slightly less than 1/4 cupfuls onto hot greased griddle. 3 COOK until edges are dry. Turn; cook until golden. High Altitude (3500-6500 ft): No change. GLUTEN FREE BISCUITS MAKES 10 BISCUITS 2 cups Gluten Free Bisquick™ Mix 1/3 cup shortening 2/3 cup milk 3 eggs 1 HEAT oven to 400°F. 2 CUT shortening into mix, using fork, until particles are size of small peas. Stir in remaining ingredients until soft dough forms. 3 DROP by spoonfuls onto ungreased cookie sheet. 4 BAKE 13-16 min or until golden brown. High Altitude (3500-6500 ft): No change. GLUTEN FREE WAFFLES MAKES 8 (4-INCH) WAFFLES 1 1/3 cups Gluten Free Bisquick™ Mix 1 1/4 cups milk 3 Tbsp vegetable oil 1 egg 1 STIR ingredien...

### SERVING SUGGESTIONS

Stir one of the following into pancake or waffle batter for each 2 cups of mix used: Blueberry 1/2 cup fresh or frozen blueberries Chocolate Chip 1/2 cup mini chocolate chips Apple Cinnamon 1/2 cup finely chopped peeled apple and 1/2 teaspoon cinnamon Banana Walnut 1/2 cup thinly sliced banana and 2 tablespoons chopped walnuts

### MORE INFORMATION

### NUTRITIONAL ANALYSIS

Calories	347.517
Protein	7.488 g
Total Carbohydrates	77.182 g
Sugars	5.994 g
Dietary Fiber	0.473 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	0.982
Trans Fat	0 g
Saturated Fat	0.333 g
Added Sugars	5.994 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	897.291 mg
Calcium	156.738 mg
Iron	0.479 mg
Potassium	77.481 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### NUTRITIONAL CLAIMS

MSG	FREE_FROM	PARTIALLY_HYDROGENATED_VEGETABLE_OIL	FREE_FROM	TRANS_FAT	FREE_FROM
HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	SATURATED_FAT	LOW	ARTIFICIAL_SWEETENERS	FREE_FROM
ARTIFICIAL_PRESERVATIVES	FREE_FROM	ARTIFICIAL_FLAVOUR	FREE_FROM	CHOLESTEROL	LOW
CHOLESTEROL	FREE_FROM	FAT	FREE_FROM	FAT	LOW
GLUTEN	FREE_FROM	PLANT_BASED	YES	FREE_FROM_GLUTEN	YES
VEGETARIAN	YES	KOSHER	YES		

### MORE IMAGES

