



MARKETING

Nutrition Facts

51 Servings per container

Serving Size1/3 cup dry mix

Amount Per Serving

Calories190

% Daily Value\*

Total Fat 5 g8%

Saturated Fat 2.5 g15%

Trans Fat 0 g

Cholesterol 15 mg5%

Sodium 230 mg10%

Total Carbohydrates 34 g11%

Dietary Fiber 1 g2%

Total Sugars 18 g

Includes Added Sugars

Protein 2 g

Vitamin D%

Calcium6%

Iron4%

Potassium%

\* 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
734-6642	125157	10041449477586	6 x 5#

Brand	Brand Owner	GPC Description
SHEPHERD'S GRAIN	Continental Mills	Baking/Cooking Mixes (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
33 LBR	30 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.4375 INH	9.5625 INH	11.25 INH	0.9611 FTQ	12x4	548 Days	32 FAH / 95 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

Milk - C

Eggs - C

Soy - MC

Wheat - C

Sesame - NI

Peanuts - NI

Tree Nuts - NI

Fish - NI

Shellfish - NI

SERVING SUGGESTIONS

HAND MIXING: Using a large bowl, stir together water and mix until well-blended (about 50 strokes). Scale batter into prepared (lightly greased or paper-lined) pans according to pan size. HIGH ALTITUDE: For full batch, add 2 oz (1/2 cup) all-purpose flour and an additional 2 oz (1/4 cup) water. Prepare and bake as directed.

INGREDIENTS

Enriched bleached flour (wheat flour\*, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid, malted barley flour), sugar, palm and soybean oil, dextrose, whey (milk protein), food starch-modified. Less than 2% of: baking soda, calcium acid pyrophosphate, monocalcium phosphate, egg yolks, salt, xanthan gum, beta carotene (color). \*Food Alliance Certified Shepherd's Grain sustainably farmed wheat flour

HANDLING SUGGESTIONS

STORE IN A COOL, DRY PLACE.

PREPARATION & COOKING SUGGESTIONS

1. Place water in mixer bowl; add mix. Using a paddle, mix on low speed 30 seconds. 2. Scrape bowl and paddle. 3. Continue to mix on low speed 30 seconds. Do not overmix. 4. Scale batter into prepared (lightly greased or paper-lined) pans according to pan size.

MORE INFORMATION

Telephone : Continental MillsPO Box 88176Seattle, WA 98138-2176

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NUTRITIONAL ANALYSIS



Calories	190	Total Fat	5 g	Sodium	230 mg
Protein	2 g	Trans Fat	0 g	Calcium	
Total Carbohydrates	34 g	Saturated Fat	2.5 g	Iron	
Sugars	18 g	Added Sugars		Potassium	
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	15 mg	Thiamin	
Vitamin A (IU)		Vitamin D		Niacin	
Vitamin A (RE)		Vitamin E		Riboflavin	
Vitamin C		Folate		Vitamin B-12	
Magnesium		Vitamin B-6		Nitrates	
Monosodium		Sulphites			

NUTRITIONAL CLAIMS



TRANS_FAT	FREE_FROM	KOSHER	YES
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