

126228 - KRUSTEAZ GLUTEN FREE PANCAKE MIX

Gluten free and gaga for great tasting pancakes? Krusteaz Gluten Free Buttermilk Pancake mix was made for you. Our real sweet-cream buttermilk makes these pancakes light, fluffy and delicious. Just add water, milk and eggs to the mix for mouth watering pancakes in minutes—with no artificial colors, no artificial flavors and no artificial preservatives.



MARKETING

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
721-0970	126228	10041449403103	8 x 16 OZ

Brand	Brand Owner	GPC Description
KRUSTEAZ	Continental Mills	Baking/Cooking Mixes (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.2 LBR	8 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
6.5 INH	11.25 INH	7.5 INH	0.3675 FTQ	23x6	365 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 - MC
- Soy - MC
- Wheat - 30
- Sesame - 30
- Peanuts - 30
- Tree Nuts - 30
- Fish - 30
- Shellfish - NI

HANDLING SUGGESTIONS

This mix should perform for its intended use for 12 months in cool dry storage. Hot, humid storage may reduce shelf life. Each shipment will be properly controlled and handled to prevent adulteration as defined in the Food, Drug and Cosmetic Act (section 402).

MORE INFORMATION

SERVING SUGGESTIONS

Easy Gluten Free Buttermilk Waffles 1 3/4 cups Krusteaz Gluten Free Buttermilk Pancake Mix 1 cup cold water 1/3 cup milk 1 Tbsp vegetable oil 2 egg whites Whisk all ingredients together until blended. Batter will be slightly lumpy. Pour batter onto lightly greased, preheated waffle iron. Cook waffles until steaming stops or until golden brown.

PREPARATION & COOKING SUGGESTIONS

INGREDIENTS (4-inch Pancakes) 13-14 Pancakes: 1 3/4 Cups Mix; 1 Cup Cold Water; 1/3 Cup Milk; 1 Egg(s) 26-28 Pancakes: Full Box Mix; 2 Cups Cold Water; 2/3 Cup Milk; 2 Egg(s) DIRECTIONS 1. HEAT pancake griddle to 375F (medium heat). Lightly grease griddle. 2. MEASURE mix by lightly spooning it into measuring cup and leveling it off. WHISK pancake mix, water, milk and egg(s) until blended. Batter will be slightly lumpy. Do not over-mix. POUR slightly less than 1/4 cup batter per pancake onto griddle. 3. COOK 1 minute per side. For light and fluffy pancakes, FLIP only once, when tops bubble and bottoms are golden brown. Do not eat raw batter. High Altitude: No adjustment necessary.

Nutrition Facts

11 Servings per container

Serving Size 1/3 cup mix = 41g; (amount for three, 4-inch pancakes)

Amount Per Serving
Calories **150**

		% Daily Value*
Total Fat 2.5 g		3%
Saturated Fat 0 g		0%
Trans Fat 0 g		
Cholesterol 0 mg		0%
Sodium 440 mg		19%
Total Carbohydrates 31 g		11%
Dietary Fiber 1 g		4%
Total Sugars 8 g		
Includes 7 g Added Sugars		14%

Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 30 mg	2%
Iron 0.4 mg	2%
Potassium 60 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.

INGREDIENTS

INGREDIENTS: Rice flour, whole grain sorghum flour, sugar, brown rice flour (rice flour, stabilized rice bran with germ), soybean oil, dextrose, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), food starch-modified, salt, tapioca starch, xanthan gum, buttermilk, natural flavors (contains milk derivatives).

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NUTRITIONAL ANALYSIS



Calories	150
Protein	2 g
Total Carbohydrates	31 g
Sugars	8 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	2.5 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	7 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	440 mg
Calcium	30 mg
Iron	0.4 mg
Potassium	60 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



TRANS_FAT	FREE_FROM
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KOSHER	YES
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FREE_FROM_GLUTEN	YES
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