



MARKETING



PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
741-0420	126141	00041449100333	6 x 5 LBR

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

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
5.2 LBR	5 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
5.5 INH	3.5 INH	8.375 INH	0.093 FTQ	10x6	546 Days	32 FAH / 95 FAH

Nutrition Facts

38 Servings per container

Serving Size 1/2 Cup Mix

Amount Per Serving

Calories **210**

% Daily Value*

Total Fat 3 g	4%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 5 mg	1%
Sodium 830 mg	38%
Total Carbohydrates 42 g	15%
Dietary Fiber 1 g	4%
Total Sugars 9 g	
Includes 8 g Added Sugars	16%
Protein 5 g	
Vitamin D 0 mcg	0%
Calcium 170 mg	15%
Iron 2.2 mg	10%
Potassium 110 mg	2%

* 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.

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 - C
- Wheat - C
- Sesame - NI
- Peanuts - NI
- Tree Nuts - NI
- Fish - NI
- Shellfish - NI

SERVING SUGGESTIONS



FOR WAFFLES: For full batch, prepare batter as directed, adding 5 oz (2/3 cup) vegetable oil. Pour 4 oz (1/2 cup) batter onto preheated 7-inch waffle iron. Close lid. Cook waffles following manufacturer's instructions or until steaming stops, approximately 3 minutes. Makes 44, 7-inch waffles.

INGREDIENTS



Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, dextrose, soybean oil, baking soda, defatted soy flour, Less than 2% of: buttermilk, caramel color, eggs, monocalcium phosphate, natural and artificial flavors, sugar, nonfat milk, salt, sodium aluminum phosphate, yellow 5, yellow 5 lake, yellow 6, yellow 6 lake.

HANDLING SUGGESTIONS



This mix should perform for its intended use for 18 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).

PREPARATION & COOKING SUGGESTIONS



1. Place water in mixer bowl; add mix. Using a wire whip, stir just until mix is moistened. Batter will be slightly lumpy. 2. Let batter sit 1 minute; stir before griddling. 3. Scale batter onto lightly greased, preheated 375oF griddle. 4. Cook pancakes 1-1 1/2 minutes per side. Turn only once.

MORE INFORMATION



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

NUTRITIONAL ANALYSIS



Calories	210
Protein	5 g
Total Carbohydrates	42 g
Sugars	9 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3 g
Trans Fat	0 g
Saturated Fat	0.5 g
Added Sugars	8 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	830 mg
Calcium	170 mg
Iron	2.2 mg
Potassium	110 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



KOSHER	YES
--------	-----