

# 126141 - GOLDEN SHORE BTRMLK PANCAKE

Golden Shore Buttermilk Pancakes are easy to prepare and a welcome addition to any menu. Just add water, mix and grill.



## MARKETING

Just add water. Hint of vanilla flavor. Easy to prepare

## Nutrition Facts

38 Servings per container

**Serving Size**

**1/2 Cup Mix**

**Amount Per Serving**

**Calories**

**210**

**% Daily Value\***

**Total Fat** 3

**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.

## PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
741-0420	126141	10041449100330	6/5 lbs

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
31.5 LBR	30 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	Tlx/Hi	Shelf Life	Storage Temp From/To
18.44 INH	9.25 INH	8.75 INH	0.8637 FTQ	10x6	546 Days	32 FAH / 95 FAH

## 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).

## SERVING SUGGESTIONS

## PREPARATION & COOKING SUGGESTIONS

FULL BATCH SMALL BATCH 5 lb (full bag) Mix 1 lb ( 3 3/4 cups) Mix 90 oz (11 1/4 cups) Water (55F-65F) 18 oz (2 1/4 cups) Water (55F-65F) DIRECTIONS 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. MACHINE MIXING: Place water in mixer bowl; add mix. Using a wire whip, mix on low speed 15 seconds. Scrape bowl. Continue mixing on low speed 30 seconds. Do not overmix. Follow steps 2-4 above. DO NOT EAT RAW BATTER. HIGH ALTITUDE: No adjustment necessary. 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 steami...

## 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.

## 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
- Soybean - C
- Wheat - C
- Sesame - NI
- Peanuts - NI
- Tree - NI
- Fish - NI
- Shellfish - NI

## MORE INFORMATION

Telephone : Continental Mills PO Box 88176 Seattle, WA 98138-2176

# 126141 - GOLDEN SHORE BTRMLK PANCAKE

Golden Shore Buttermilk Pancakes are easy to prepare and a welcome addition to any menu. Just add water, mix and grill.

## 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
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



TRANS_FAT	FREE_FROM
-----------	-----------

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

## MORE IMAGES

