

**Manufacturer Supplied Information**

**Buttermilk Pancake Mix**

**Brand: GFS**

GTIN: 620868404620

Last updated: 06/16/0008



<b>Nutrition Facts</b>	
Based on 100 (g) sample	
Amount Per Serving	
<b>Calories</b>	370
<b>Total Fat</b>	7g
Saturated Fat	2.0g
Trans-Fat	0.0g
Poly-Unsaturated Fats	--
Omega6 Fatty Acids	--
Omega3 Fatty Acids	--
Mono-Unsaturated Fats	--
<b>Cholesterol</b>	20mg
<b>Sodium</b>	1160mg
<b>Potassium</b>	--
<b>Carbohydrates</b>	65g
Fiber	3.0
Sugars	14.0g
<b>Protein</b>	13g
<b>Vitamin A</b>	--
<b>Vitamin C</b>	--
<b>Calcium</b>	--
<b>Iron</b>	--

**Description**

A homogeneous blend of ingredients designed to produce a uniform buttermilk pancake, when prepared according to package directions.

**Benefits**

Just add water.

**Preparation & Cooking**

Add water to mix in bowl. Mix by hand for 1 to 1 1/2 minutes, or on machine with wire whip on low speed for 1 to 1 1/2 minutes. Bake on griddle at 190 degrees C (375 degrees F) for about 1 minute on each side, or turn pancake when edge appears dry.

**Serving Suggestions**

Serve with fresh fruit.

**Allergens:**

Allergens labeled with '--' do not currently have data submitted by the manufacturer.

- Peanuts N
- Crustacean N
- Tree Nuts N
- Shellfish N
- Sesame N
- Soy C
- Milk C
- Wheat C
- Eggs C
- Sulphites N
- Fish N

## Packaging & Storage

Store under cool and dry conditions.

Gluten C  
Mustard N

## Ingredients

Enriched wheat flour, sugar, soya flour, baking powder, shortening (palm and/or palm kernel, canola, modified palm oils), dextrose, dried whole egg, skim milk powder, buttermilk powder, whey powder, salt, calcium sulphate, may contain sesame.

## Kosher

DAIRY

## More Information

Please visit [www.gfscanada.com](http://www.gfscanada.com)

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