

# Pancake Mix, Raspberry Buttermilk Turkey/Cake

05/01/2014

<b>Nutrition Facts</b>	
Serving Size (56g) Servings Per Container	
Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 630mg	<b>26%</b>
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 9g	
<b>Protein</b> 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 8%
Thiamin 15%	• Riboflavin 8%
Niacin 10%	• Folate 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Raspberry Nuggets (Dextrose, Palm Oil, Sugar, Corn Flour, Raspberry Powder, Natural Flavor, Citric Acid, Red # 40, Blue #2), Sugar, Soy Flour, Dextrose, Canola Oil, Buttermilk Powder, Corn Starch, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Salt, Monocalcium Phosphate, Dried Whole Egg, Artificial Flavor.

Contains Egg, Milk, Soy, Wheat.

Serving Size: 1/3 Cup (56 g), Three, 4-inch Pancakes  
Servings per Container: 16

Net Weight: 2 Lbs. (907 g)

Directions: Mix 2 cups of PANCAKE MIX with 1 1/2 cups of water. Stir with a fork until slightly lumpy. Cook on a slightly greased griddle at 365-375 degrees F.  
Makes 12-16 pancakes . Makes 48 pancakes per bag.

**WAFFLE VARIATION:** For waffles add 1 tsp VEGETABLE OIL per 1 cup dry mix. Pour 1 cup batter onto heated, lightly greased waffle iron. Makes 3 waffles per 1 cup of dry pancake mix.