



AUNT JEMIMA COMPLETE PANCAKE & WAFFLE MIX – 5 lbs.

Nutrition Facts

Serving Size 1/3 Cup Mix (46 g)
Approx. 2- 4" pancakes

Amount Per Serving	
Calories 160	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	3%
Sodium 470mg	20%
Potassium 65mg	2%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 5g	
Vitamin A	0%
Vitamin C	0%
Calcium	15%
Iron	10%
Thiamin	15%
Riboflavin	10%
Niacin	10%
Folic Acid	10%
Phosphorus	25%

* 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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS:

ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), DEXTROSE, NONFAT DRY MILK, PARTIALLY HYDROGENATED SOYBEAN OIL, SALT, WHEAT GLUTEN, CALCIUM CARBONATE, DEFATTED SOY FLOUR, CORN SYRUP SOLIDS, SOY LECITHIN, SODIUM CASEINATE, MONOAND DIGLYCERIDES, SOYBEAN OIL, LACTIC ACID.

**CONTAINS WHEAT AND MILK INGREDIENTS.
MAY CONTAIN TRACES OF EGG.**

Case UPC	100-30000- 43266-9
Package UPC	0-30000-43266-2
Case Pack	6/ 5 lb.
Kosher Status	Yes- Dairy
Document Updated	6/14

All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information.