



1. PLACE pancake mix in mixing bowl.
2. ADD water gradually while blending with a whip.  
DO NOT OVERMIX. Let stand 1 minute.

**Machine Mixing:**

1. PLACE water in mixing bowl and add mix.
2. MIX on low speed for 30 seconds, using a wire whip. SCRAPE bowl. Continue mixing on low speed for 30 seconds. DO NOT OVERMIX.

Griddle: SCALE batter as directed in chart below onto lightly greased, preheated 365°F-375°F griddle. COOK pancakes 1–1 1/2 minutes per side, turning only once.

Approx. Pancake Size                      Scale Weight

4-inch (1.4 oz) prepared 1.6 oz batter (#24 scoop)

5-inch (1.9 oz) prepared 2 oz batter (#20 scoop)

Waffles: For full batch, place 5 lb (full box) pancake mix, 80 oz (10 cups) cool water, 25 oz (3 1/3 cups) vegetable oil and 20 oz (10 eggs) in mixer bowl. Using a whip, mix on low speed 30 seconds. Scrape bowl. Continue to mix on low speed 30 seconds. Pour 6 oz (2/3 cup) batter onto preheated, lightly greased 8-inch square waffle iron. Close lid. Cook waffles following manufacturer's instructions or until steaming stops, approximately 3 - 3 1/2 minutes. YIELD: 34, 8-inch waffles.

HIGH ALTITUDE (over 5,000 feet): No adjustment necessary.

STORAGE CONDITIONS: FOR BEST RESULTS STORE MIX IN A COOL, DRY AREA.

<b>Nutrition Facts</b>	
Serving Size	1/2 cup mix (58g) (amount for three, 4-inch pancakes)
Servings Per Container	About 39 Or, does it vary? No
<i>Amount Per Serving</i>	
Calories	210
Calories from Fat	30
Total Fat (g)	3.5
Saturated Fat (g)	0.5
Trans Fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	390
Total Carbohydrate (g)	40
Dietary Fiber (g)	5
Sugars (g)	8
Protein (g)	6
Vitamin A (%)	0
Vitamin C (%)	0
Calcium (%)	20

Iron (%)	10
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Additional NLEA Notes:

Analytical Results	
Calculated or Test Results	Calculated data
As Purchased or Prepared	As purchased
Sample Weight	100 g
Sample Volume	

Analytical Information	
Calories	371.36
Calories from fat	51.12
Total fat (g)	5.68
Saturated fat (g)	0.93
Trans fat (g)	0.12
Monounsaturated fat (g)	1.11
Polyunsaturated fat (g)	3.03
Cholesterol (mg)	1.26
Sodium (mg)	676.00
Potassium (mg)	
Total Carbohydrates (g)	68.27
Dietary Fiber (g)	9.02
Sugars (g)	13.41
Protein (g)	11.79
Vitamin A (iu)	6.69
Vitamin C (mg)	0.00
Vitamin D (iu)	
Calcium (mg)	399.04
Iron (mg)	3.37
Magnesium (mg)	
Phosphorous (mg)	
Zinc (mg)	
Riboflavin (mg)	
Thiamin (mg)	
Niacin (mg)	
Vitamin B-6 (mg)	
Folic acid (mg)	
Vitamin B-12 (mcg)	



**CONTINENTAL MILLS**  
FOOD PRODUCTS OF CHOICE

CREDITABLE PRODUCT SERVINGS

BASED ON THE FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS  
Grain/Grain Equivalents, Section 3, FCS Instruction 783.1 Rev 2: Exhibit A, Groups A-G.  
Creditable grains include enriched and/or whole grain.

Manufacturer:	Continental Mills
Product Name:	GFS Multigrain Pancake Mix
Product Code:	741-0115
Count/Pack Weight:	6/5 lb Cartons
Grain/Grain Equivalent serving calculations based on Exhibit A, Group C	Group C : Pancakes / Grain/grain equivalent calculation based on 34g / 1.2 oz per serving
One Serving of product (Mix / As Prepared):	<u>Mix Serving:</u> 1/2 cup mix (58g) <u>As Prepared serving based on the above mix amount:</u> 119g / 4.2 oz (three, 4-inch pancakes)
Grain/Grain Equivalents (rounded down to 1/4 grain serving increments) <i>One prepared serving (g) ÷ product group serving (g) from FCS Exhibit A</i>	119g Prepared serving (3, 4-inch pancakes) ÷ 34g grain/serving from Group C = <u>3.5 grain servings</u>
Creditable Grain ingredients:	Whole wheat flour, crushed wheat, rolled oats, barley flakes, rye flakes, crushed corn
Creditable Grains in one serving (grams):	One USDA serving (one, 1.2 oz serving) contains 12g creditable grains. [One, 4.2 oz serving) contains 44g creditable grains.]
Percent of creditable grains in one serving that are whole grain:	100%

*Teresa Robertson*

Signature

Teresa Robertson

Printed Name

Scientist, Regulatory Compliance

Title

April 9, 2015

Date