## GFS Product Information: Nutrition Resource Center

ITEM INFORMATION	413210, Pancake Mix Multigrain 6-5#GFS
VENDOR INFORMATION	Continental Mills
APPROVAL INFORMATION (Name, Date)	7/22/2014 Cindy Newman
STORAGE REQUIREMENTS	Grocery (Dry)
TOTAL SHELF LIFE	365
LOT CODE DEFINITION	Case Lot Code:
	Date of manufacture expressed as plant/line/YDDD/shift +
	time
	Examples (Plant K=HOP; line C; shift D): Produced at 9AM
	Digit #1: Plant ID "K" for Hopkinsville, KY
	Digit #2: Production line (A-Z)
	Digit #3: Last digit of year
	Digit #4-6: Julian Day
	Digit #7: Shift (D=Day, S=Swing, G=Grave)
	Fuzzania (/00000D 00:00
COLINITRY OF ORIGIN	Example: KC2032D 09:00
COUNTRY OF ORIGIN	United States
If this is a fish item, is it farm raised or	
wild? KOSHER (Y/N)	Vac Kafik Daim, K 4000
	Yes KofK Dairy K-1096
If Kosher, what certification? CHILD NUTRITION LABEL (Y/N)	No
SCHOOL UNCH EQUIVALENTS	INO
Meat/Meat Alternate Equivalent (oz):	
Grain/Bread Equivalent:	
Fruit/Vegetable Equivalent (cups):	
INGREDIENT INFORMATION	Whole wheat flour, sugar, canola or soybean oil, whey (milk
INCREDIENT IN CROWN THON	protein). Contains 2% or less of the following: crushed
	wheat, calcium acid pyrophosphate, monocalcium
	phosphate, rolled oats, potassium bicarbonate, salt, sodium
	bicarbonate, barley flakes, egg whites, rye flakes, flax
	seeds, sesame seeds, crushed corn.
ALLERGEN INFORMATION	Wheat, milk, eggs.
PREPARATION INSTRUCTIONS	DIRECTIONS:
Note: These may not be an exact match to the	Batch Size: Full Batch
packaging instructions. Always utilize the	Half Batch
packaging for the most current preparation instructions!	Baked Yield: 117 – 1.4 oz, 4-inch Pancakes
	58 – 1.4 oz, 4-inch Pancakes
	90 – 1.9 oz, 5-inch Pancakes
	45 – 1.9 oz, 5-inch Pancakes
	Measuring: Full Batch Half
	Batch
	Water (70°F-75°F) 6 lb 4 oz (12 1/2 cups) 3 lb 2
	oz (6 1/4 cups)
	Pancake Mix 5 lb (Full Box) 2 lb 8
	Pancake Mix 5 lb (Full Box) 2 lb 8 oz (10 1/4 cups)
	02 (10 1/ <del>4</del> 0ups)
	Tip:
	For thinner pancakes, increase water. For thicker
	pancakes, decrease water.
	1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1
	Hand Mixing:
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- 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.

Nutrition Facts				
Serving Size	1/2 cup mix (58g) (amount for three, 4-inch pancakes)			
Servings Per Container				
	About 39			
	Or, does it vary? No			
Amount Per Serving				
Calories	210			
Calories from Fat	30			
Total Fat (g)	3.5	5		
Saturated Fat (g)	0.5	3		
Trans Fat (g)	0			
Cholesterol (mg)	0	0		
Sodium (mg)	390	16		
Total Carbohydrate (g)	40	13		
Dietary Fiber (g)	5	20		
Sugars (g)	8			
Protein (g)	6			
Vitamin A (%)	0			
Vitamin C (%)	0			
Calcium (%)	20			

Iron (%) 10

## Additional NLEA Notes:

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

A	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)	



## 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):	Mix Serving: 1/2 cup mix (58g) As Prepared serving based on the above mix amount: 119g / 4.2 oz (three, 4-inch pancakes)
Grain/Grain Equivalents (rounded down to <sup>1</sup> / <sub>4</sub> grain serving increments)  One prepared serving (g) ÷ product group serving (g) from FCS Exhibit A	119g Prepared serving (3, 4-inch pancakes) ÷ 34g grain/serving from Group C = 3.5 grain servings
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%

Jeresa Kobertson	Scientist, Regulatory Compliance
Signature	Title
Teresa Robertson	April 9, 2015
Printed Name	Date