



glutenfree  
pancake mix

... dedicated gluten-free  
manufacturing facility ...

wheat free

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### Nutrition Facts

Serving Size 1/3 cup mix (53g)  
Servings Per Container about 8  
(one serving = 2 pancakes)

Amount Per Serving	Mix Prepared
<b>Calories</b>	180 300
Calories from Fat	5 100

	% Daily Value**	
<b>Total Fat 0.5g*</b>	1%	17%
Saturated Fat 0g	0%	30%
Trans Fat 0g		
<b>Cholesterol 0mg</b>	0%	23%
<b>Sodium 430mg</b>	18%	23%
<b>Total Carbohydrate 41g</b>	14%	15%
Dietary Fiber 1g	4%	4%
Sugars 4g		

Protein 2g		
Vitamin A	0%	8%
Vitamin C	0%	0%
Calcium	30%	40%
Iron	15%	15%
Thiamin	25%	25%
Riboflavin	10%	20%
Niacin	20%	20%

\*Amount in Mix. Prepared contributes an additional 120 Calories (100 Calories from Fat), 11 g Total Fat (6 g Saturated Fat), 70 mg Cholesterol, 120 mg Sodium, 3 g Total Carbohydrate (3 g Sugars), 4 g Protein.  
 \*\*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

INGREDIENTS: WHOLE GRAIN BROWN RICE FLOUR, POTATO STARCH, TAPIOCA STARCH, RICE FLOUR, SUGAR, LEAVENING (CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, BAKING SODA), NATURAL FLAVOR, SALT, XANTHAN GUM, NIACINAMIDE (A B VITAMIN), REDUCED IRON, THIAMIN HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2).

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Do not eat raw flour, dough or batter. Produced in a dedicated gluten-free manufacturing facility.



07503G204Q



glutenfree  
pancake mix



fluffy & delicious

NET WT 15 OZ (425g)



glutenfree pancake mix  
Best if used by:

glutenfree  
pancake mix

### no compromises

How does America's oldest flour company go gluten-free? That's what we asked ourselves when our customers began requesting – no, imploring – us to help them in their quest for delicious gluten-free baked goods.

With the same high standards we apply to all of our products, we've created what we're sure you'll agree are the very best gluten-free mixes on the market today. We've carefully blended wholesome, gluten-free ingredients into these easy-to-use mixes, then tested and re-tested to ensure your success. We guarantee that your experience with our mixes will be enjoyable, fulfilling and, most of all, great-tasting.

King Arthur Flour gluten-free mixes – a taste the whole family will enjoy!

Find great gluten-free recipes, products and information at [kingarthurfLOUR.com/glutenfree](http://kingarthurfLOUR.com/glutenfree)

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We keep the best interests of our employees, our community, and the environment top of mind in everything we do.



glutenfree pancakes

### you will need:



2 large eggs



6 tablespoons melted butter or 4 tablespoons oil



2 cups milk

For a dairy free version: make with 4 tablespoons vegetable oil and 1 1/2 cups rice milk. Follow directions below.

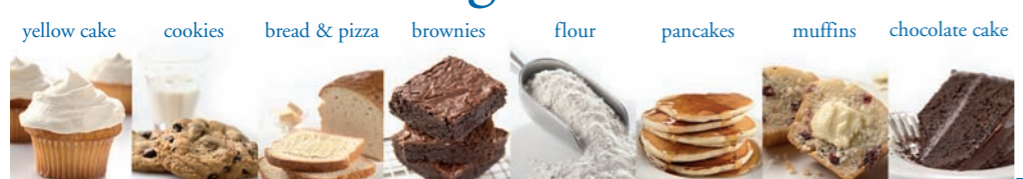
- whisk** together the eggs, butter or vegetable oil, and milk. Whisk in the mix. Allow the batter to sit for 10 minutes to thicken.
- preheat** the griddle to medium (350°F).
- scoop** the batter by the 1/4-cupful onto lightly greased griddle.
- cook** for 1 to 2 minutes, until bubbles form on tops of pancakes and bottoms are golden brown.
- flip** and cook for 1 to 2 minutes on other side. Serve hot, with butter and syrup.

Yield: sixteen 4" pancakes.

For a half batch, make batter as directed except use 7 1/2 ounces of dry mix, which will be about 1 1/3 to 1 1/2 cups of dry mix. 1 large egg, 3 tablespoons melted butter or 2 tablespoons oil, and 1 cup milk.

For waffles, make batter as directed. Bake in a waffle iron.

try our complete line of glutenfree mixes



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