

KING ARTHUR® FLOUR

GLUTEN FREE

PANCAKE MIX

MFG # 29730

INGREDIENTS: WHOLE GRAIN BROWN RICE FLOUR, POTATO STARCH, TAPIOCA STARCH, RICE FLOUR, CANE SUGAR, LEAVENER (BAKING SODA, CALCIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), NATURAL FLAVORS, SALT, VITAMIN AND MINERAL BLEND [CALCIUM CARBONATE, NIACINAMIDE (VITAMIN B3), REDUCED IRON, THIAMIN HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), XANTHAN GUM.

NET WT 5 LBS (2.27KG)



KING ARTHUR FLOUR RECOMMENDS THE GFCO'S CERTIFIED GLUTEN-FREE FOOD SERVICE TRAINING AND MANAGEMENT PROGRAM FOR PROFESSIONAL GLUTEN-FREE BAKING INSTRUCTION, PLEASE VISIT WWW.GFFOODSERVICE.ORG FOR MORE INFORMATION.

Certified
GF
Gluten-Free®



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THE KING ARTHUR FLOUR COMPANY, INC.
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KING ARTHUR® FLOUR

GLUTEN-FREE PANCAKES

8 PANCAKES	OUNCES	GRAMS	BAKER'S %	5 POUNDS OF MIX
1 1/3 TO 1 1/2 CUPS MIX	7.5	213	100	5 LB.
1 EGG	1.8	50	23.5	1 LB., 3 OZ.
1 CUP MILK	8	227	107	5 LB., 6 OZ.
3 TABLESPOONS MELTED BUTTER	1.5	43	20	1 LB.
2 TABLESPOONS VEGETABLE OIL OR	0.875	25	11.7	9.3 OZ.

7.5 OUNCES OF MIX =
8 4" PANCAKES

8 PANCAKES

ABOUT 7 DOZEN PANCAKES

1. Whisk together eggs, butter or vegetable oil, and milk. Whisk in mix. Allow batter to sit for 10 minutes to thicken.
2. Preheat griddle to medium (350°F).
3. Scoop batter by 1/4-cupful onto lightly greased griddle.
4. Cook 1 to 2 minutes, until bubbles form on tops of pancakes and bottoms are golden brown.
5. Flip and cook for 1 to 2 minutes on other side.

NOTE: Pancake batter will thicken as it sits. To maintain fluffy texture, do not add extra liquid instead, spread the batter on the grill to desired size. If you prefer thinner pancakes, a small amount of extra liquid may be added.

FIND MORE GLUTEN-FREE RECIPES AT
KINGARTHURFLOUR.COM/RECIPES.

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Do not eat raw flour, dough or batter.

FOR COMMERCIAL USE ONLY. KING ARTHUR FLOUR QUALITY ONLY GUARANTEED WHEN SOLD IN UNOPENED PACKAGE. NOT INTENDED FOR RESALE IN QUANTITIES OTHER THAN STATED ON ORIGINAL PACKAGING.



13781 - GLUTEN-FREE PANCAKE MIX

Nutrition Facts

Serving Size 1/3 cup mix (53g)
Servings Per Container about 43
(one serving = 2 pancakes)

Amount Per Serving	Mix Prepared	
Calories	180	300
Calories from Fat	5	100
% Daily Value**		
Total Fat 0.5g*	1%	17%
Saturated Fat 0g	0%	30%
Trans Fat 0g		
Cholesterol 0mg	0%	23%
Sodium 430mg	18%	23%
Total Carbohydrate 41g	14%	15%
Dietary Fiber 1g	4%	4%
Sugars 3g		
Protein 2g		
Vitamin A	0%	10%
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 (4 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