

GLUTEN FREE

PANCAKE MIX



EASY TO PREPARE

GLUTEN FREE

PANCAKE MIX

**MAKES 16 PANCAKES
LIGHT AND FLUFFY**

FORTIFIED WITH:
IRON · CALCIUM · VITAMIN B
NON-DAIRY*



NET WT 15 OZ (425g) U

BEST IF BAKED BY:



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OUR RECIPE FOR

GLUTEN-FREE PANCAKES

YOU'LL NEED

- 2 large eggs
- 6 tablespoons butter, melted or 4 table-spoons oil
- 2 cups milk

**BAKES
SIXTEEN 4" PANCAKES**

Make mornings better with our quick and easy mix made from the best ingredients. Whip up tender, fluffy pancakes (or waffles): extra maple syrup optional!

*** TO MAKE NON-DAIRY:
USE OIL AND RICE, SOY,
OR ALMOND MILK.**

1. **WHISK** together eggs, butter or oil, and milk. Whisk in mix. Allow batter to sit for 10 minutes to thicken.
2. **PREHEAT** griddle to medium (350°F).
3. **SCOOP** 1/4 cup of batter onto lightly greased griddle.
4. **COOK** 1-2 minutes, until bubbles form on top and bottom is golden brown.
5. **FLIP** and cook for 1-2 minutes more. Serve hot, with butter and syrup.

FOR WAFFLES: PREPARE BATTER AS DIRECTED. MAKE ACCORDING TO WAFFLE IRON INSTRUCTIONS.

BAKERS TIP:

For a half batch: Make batter as directed, using 1 1/3 cup mix, 1 large egg, 3 tablespoons melted butter or 2 tablespoons oil, and 1 cup milk.

COMPLIMENTS OF
The King Arthur Flour Kitchen

NO COMPROMISES:

Our mixes are carefully crafted in our test kitchen through meticulous taste-testing (it's a tough job, but we're up to the challenge!) and blending to replicate our favorite recipes. The result? Wholesome mixes that make the finest gluten-free baked goods around. Simple ingredients, reliable results, and deliciousness for everyone to enjoy!

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KingArthurFlour.com/glutenfree

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Call or chat online with our friendly, experienced bakers.
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KingArthurFlour.com/contact

100% EMPLOYEE-OWNED.
100% COMMITTED TO QUALITY.

ALL INGREDIENTS IN THIS MIX ARE
NON-GMO FROM THE SOURCE.
Learn more at:
KingArthurFlour.com/non-gmo

B Corporation
We're committed to using the power of business as a force for social and environmental good.

Nutrition Facts

Serving Size 1/3 cup mix (53g)
Servings Per Container about 8
(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

INGREDIENTS: WHOLE GRAIN BROWN RICE FLOUR, POTATO STARCH, TAPIOCA STARCH, RICE FLOUR, CANE SUGAR, BAKING POWDER (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.

DISTRIBUTED BY
THE KING ARTHUR FLOUR COMPANY, INC.
Norwich, Vermont 05055
800.827.6836 | kingarthurfLOUR.com

Do not eat raw mix, dough, or batter.

Produced in a GFCO-certified gluten-free facility.

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