rev. 5/2012

Gluten Free

Buttermilk Pancake Mix

DIRECTIONS:
Pancakes

1. Place 1 cup Gluten Free Pancake mix in mixing bowl.
2. Add 2/3 to 3/4 cups water until desired texture is reached.
3. Mix until smooth.
4. Cook in slightly greased non-stick pan at medium heat. Cook until batter is slightly dry (batter will not bubble like ordinary pancake batter), turn and cook on both sides until pancakes are golden brown.

Note: This batter is very fragile.

For Waffles : Add 1 Tbsp vegetable oil and 1 egg.

(Helps to brown more evenly.)

Contains allergens: Soy, dairy and eggs.

Ingredients: White rice flour, sugar, soy flour, dextrose, soybean oil, buttermilk powder, whole eggs (whole eggs, sodium silicoaluminate), corn starch, baking soda, sodium acid pyrophosphate, salt, monocalcium phosphate, natural maple flavor.

Dedicated gluten-free manufacturing and packaging site to prevent cross-contamination.

No preservatives added.

Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

00756-0211

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F. Sealed: to 10 years / Opened: to 1 year.

Certified GF Gluten-Free

Nutrition Facts

Serving Size 1/4 cup (38g)
Servings Per Container 12

Amount Per Serving		
Calories 140	Calories from Fat 15	
		% Daily Value*
Total Fat 1.5g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 15mg		4%
Sodium 370mg		15%
Total Carbohydrate 27g		9%
Dietary Fiber 0g		0%
Sugars 4g		
Protein 4g		

Vitamin A	0%	•	Vitamin C	0%
Calcium	8%	•	Iron	2%

*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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram: Fat 9 Carbs 4 Protein 4