



**BERNARD**  
FOOD INDUSTRIES, INC.®

# GLUTEN FREE PANCAKE MIX

REORDER 205143

Bernard Gluten Free Pancake Mix uses Enriched Rice Flour, rather than wheat flour, to make this product 100% gluten free, and, it's a complete mix product that requires only the addition of water. Individuals who choose not to eat gluten, or cannot tolerate it, can now enjoy delicious pancakes without dietary complications.

**GLUTEN FREE**

YIELD PER CASE: 66 – 2-3 pancake servings

PACK SIZE: 6 @ 20 oz.

## Nutrition Facts

Serving Size 51g mix (112g prepared)  
Servings Per Container 11

Amount Per Serving

Calories 200                      Calories from Fat 30

% Daily Value \*

<b>Total Fat</b>	<b>3.5 g</b>	<b>5%</b>
Saturated Fat	1.5 g	7%
Trans Fat	0 g	
<b>Cholesterol</b>	<b>20 mg</b>	<b>7%</b>
<b>Sodium</b>	<b>550 mg</b>	<b>23%</b>
<b>Potassium</b>	<b>85 mg</b>	<b>2%</b>
<b>Total Carbohydrate</b>	<b>36 g</b>	<b>12%</b>
Dietary Fiber	< 1 g	4%
Sugars	4 g	
<b>Protein</b>	<b>5 g</b>	

Vitamin A	0%
Vitamin C	0%
Calcium	5%
Iron	10%

\* Percent Daily Values are based on a 2000 calorie diet. Your values may be higher or lower depending on your needs:

		Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g	
Saturated 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	

**Ingredients:** ENRICHED RICE FLOUR (RICE FLOUR, THIAMIN MONONITRATE, NIACIN, FOLIC ACID, IRON), SHORTENING POWDER (PALM OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, MONOGLYCERIDES, SODIUM SILICOALUMINATE), SUGAR, DEXTROSE, BUTTERMILK SOLIDS, WHOLE EGG SOLIDS, DRIED EGG WHITE WITH SODIUM LAURYL SULFATE, SALT, SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE, XANTHAN GUM.

Contains MILK, EGG