



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

11 servings per container

Serving size 110g prepared (51g mix)

Amount per serving

Calories 200

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 550mg **24%**

Total Carbohydrate 36g **13%**

Dietary Fiber 1g **4%**

Total Sugars 4g

Includes 4g Added Sugars **8%**

Protein 5g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 2mg 10%

Potassium 85mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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 Silicoaluminat), 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