



BERNARD
FOOD INDUSTRIES, INC.®

GLUTEN FREE APPLE PANCAKE MIX

REORDER 205153

Bernard Gluten Free Apple 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 190

% Daily Value*

Total Fat 2g **2%**

Saturated Fat .5g **3%**

Trans Fat 0g

Cholesterol 10mg **4%**

Sodium 550mg **24%**

Total Carbohydrate 39g **14%**

Dietary Fiber 2g **8%**

Total Sugars 10g

Includes 2g Added Sugars **4%**

Protein 4g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 2mg 10%

Potassium 125mg 3%

* 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), Low Moisture Apple (With Sodium Sulfite, Calcium Stearate), Shortening Powder (Palm Oil, Corn Syrup Solids, Sodium Caseinate, Dipotassium Phosphate, Monoglycerides, Sodium Silicoaluminatate), Dried Egg White With Sodium Lauryl Sulfate, Salt, Whole Egg Solids, Dextrose, Sugar, Buttermilk Solids, Spice, Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate, Artificial Flavor, Xanthan Gum. Contains Milk, Egg