



Continental Mills, Inc.

57637 - Kr Pro Bmlk Panc & Waffle

- Rich, buttermilk flavor
- Creates golden fluffy pancakes and perfectly crisp waffles
- Always consistent performance



Nutrition Facts

Servings per Container **38**
 Serving size **60 (60Grams)**

Amount per serving
Calories 220

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 800mg	34%
Total Carbohydrate 43g	15%
Dietary Fiber 1g	3%
Total Sugars 10g	
Includes 6g Added Sugars	12%
Protein 5g	
Vitamin D 0µg	0%
Calcium 70mg	5%
Iron 1.6mg	8%
Potassium 150mg	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.

* Benefits

Ingredients

Enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), degermed yellow corn flour, sugar, whey (milk protein), palm and soybean oil, buttermilk, dextrose, Less than 2% of: baking soda, monocalcium phosphate, salt, sodium aluminum phosphate.

Allergens

Contains:

dairy wheat

May Contain:

eggs soy

Handling Suggestions

Store in a cool, dry place.

Serving Suggestions

SCALE	FULL BATCH YIELD
HALF BATCH YIELD	
1.5 oz batter (#20 scoop)	114, 4-inch pancakes
57, 4-inch pancakes	
2.2 oz batter (#16 scoop)	76, 5-inch pancakes
38, 5-inch pancakes	
9 oz batter (2, #8 scoops)	18, 7-inch waffles
9, 7-inch waffles	

Prep & Cooking Suggestions

FULL BATCH	HALF BATCH
5 lb (full box) Mix	2 1/2 lb (9 1/2 cups) Mix
84 oz (10 1/2 cups) Cool Water	42 oz (5 1/4 cups) Cool Water

- Blend mix and water together using a wire whisk until well-blended.
- Pour batter onto greased, preheated 365F-375F griddle.
- Cook pancakes 1 1/4 - 1 1/2 minutes per side. Turn only once.

Machine Mixing: Place water in mixer bowl; add mix. Using a wire whip, mix on low speed 30 seconds. Scrape bowl. Continue to mix low speed 30 seconds. Follow steps 2 & 3 above.

Product Specifications

Brand	Manufacturer	Product Category
Krusteaz	Continental Mills, Inc.	Grocery

MFG #	SPC #	GTIN	Pack	Pack Desc.
731-6332	57637	10041449477982		6/5 lbs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
33lb	30lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.44in	9.56in	11.25in	0.96ft3	12x4	548DAYS	32°F / 95°F



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Nutrition Analysis

Calories	220kcal	Total Fat	4g	Sodium	800mg
Protein	5g	Trans Fats	0g	Calcium	70mg
Total Carbohydrates...	43g	Saturated Fat	1g	Iron	1.6mg
Sugars	10g	Added Sugars	6g	Potassium	150mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

