



GOLD MEDAL

058108 - Mix Pancake Complete Wg S/O

Consistent, scratch-like taste and superior results every time. Highly tolerant formulas forgive minor preparation errors and eliminate waste. Menu Gold Medal(TM) pancakes and waffles as a traditional breakfast or load them with toppings for an indulgent, profitable treat. With Gold Medal(TM)'s wide selection of either cornmeal-based or wheat-based griddle mixes, you can provide the product that meets the needs of your patrons.



Nutrition Facts

Servings per Container 272
Serving size 1/2cup Mix(50g)Makes 2-4"Pancakes

Amount per serving
Calories 190

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 550mg	24%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 5g Added Sugar	10%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.1mg	6%
Potassium 120mg	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

WHOLE WHEAT FLOUR BLEACHED, SUGAR, PALM OIL, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE). CONTAINS 2% OR LESS OF: SALT, EGGS WITH SODIUM SILICOALUMINATE, BUTTERMILK, EGG WHITE, SOY FLOUR. CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.

Allergens

Contains:
eggs milk soy wheat

Handling Suggestions

Store in cool dry location

Serving Suggestions

Can be used for both pancakes or waffles.

Prep & Cooking Suggestions

POUR water and mix into mixing bowl. MIX using a wire whip until batter is blended and smooth. DO NOT OVER MIX. DEPOSIT batter on a preheated griddle set at 375°F. Grill 1 1/2 min on each side or until puffed and edges begin to dry. TURN ONCE.

Product Specifications

Brand	Manufacturer
GOLD MEDAL	GENERAL MILLS, INC.

MFG #	SPC #	GTIN	Pack	Pack Desc.
31527000	058108	10016000315270	6	6/5#

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
32.7lb	30lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.68in	11.75in	10in	1.07ft3	10x5	360DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	190	Total Fat	3.5g	Sodium	550mg
Protein	4	Trans Fats	0g	Calcium	50mg
Total Carbohydrates...	35g	Saturated Fat	1.5g	Iron	1.1mg
Sugars	5g	Added Sugars	5g	Potassium	120mg
Dietary Fiber	3g	Polyunsaturated Fat	0.5g	Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	5mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images



Nutrition Facts	
45 servings per container	
Serving size	1/2 cup mix (50g) makes 2 - 4" pancakes
Amount per serving	
Calories	190
%	
Total Fat 3.5g	4%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 550mg	24%
Total Carbohydrate 35g	13%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 4g	
Calcium 50mg	4%
Iron 1.1mg	6%
Potassium 120mg	2%
Not a significant source of vitamin D.	
*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.	