



# GOLD MEDAL

## 061672 - Mix Waffle Complete Griddle S/O

Gold Medal(TM) Complete Waffle mix is a consistent, tolerant, and easy-to-use "just add water" waffle mix with traditional taste and appearance allowing you to serve a delicious, homemade waffle your patrons will love. Available in a cost-effective, 6 -5 lb bulk format for smaller operations.



### Nutrition Facts

Servings per Container 204  
Serving size 1/2cupmix(67g)1waffleprepared

Amount per serving  
**Calories 270**

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 840mg	<b>37%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 6g Added Sugar	12%
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.4mg	13%
Potassium 0mg	0%

\* 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

INGREDIENTS: ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, SUGAR, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), NONFAT MILK, CORN STARCH. CONTAINS LESS THAN 2% OF: DEXTROSE, SALT, EGG WHITE, ANNATTO AND TURMERIC EXTRACT COLOR, SOY FLOUR.

### Allergens

**Contains:**  
eggs milk soy wheat

### Handling Suggestions

Store in cool dry location

### Serving Suggestions

Menu Gold Medal(TM) pancakes and waffles as a traditional breakfast or load them with toppings for an indulgent, profitable treat.

### Prep & Cooking Suggestions

Pour water into mixing bowl. Add mix. Mix using a wire whip until batter is smooth. Place batter on a heavily greased, pre-heated waffle iron set at 375-380 F. Bake 3-4 min or until crust is golden brown.

### Product Specifications

Brand	Manufacturer
GOLD MEDAL	GENERAL MILLS, INC.

MFG #	SPC #	GTIN	Pack	Pack Desc.
11834000	061672	10016000118345	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	TlxHl	Shelf Life	Storage Temp From/To
15.5in	12.5in	10.2in	1.14ft3	1x1	372DAYS	40°F / 111°F



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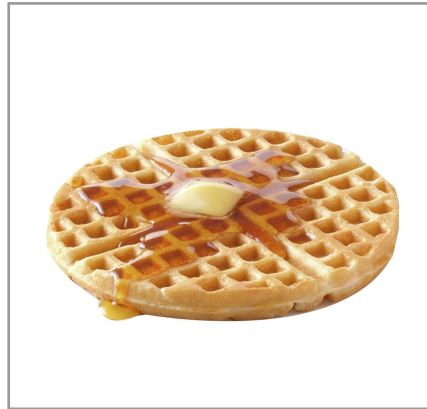
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## Nutrition Analysis - By Serving

Calories	270	Total Fat	8g	Sodium	840mg
Protein	5	Trans Fats	0g	Calcium	50mg
Total Carbohydrates...	44g	Saturated Fat	1g	Iron	2.4mg
Sugars	7g	Added Sugars	6g	Potassium	0mg
Dietary Fiber	1g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images



**Nutrition Facts**  
 34 servings per container  
 Serving size 1/2 cup mix (87g)  
 1 waffle prepared

Amount per serving

**Calories 270**

<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	6%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 840mg	<b>36%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 6g Added Sugars	12%
<b>Protein</b> 5g	
Calcium 50mg	4%
Iron 2.4mg	15%

Not a significant source of vitamin D and potassium.

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