



General Mills

22182400 - Gmi Cmplt Pnck Mx

Save time and labor with easy, just add water prep. Add water only formula has high water absorption rate for better yield (more panckaes per box). Exceptional after-mix hold time means little batter wasted from gassing out.



* Benefits

Ingredients

ENRICHED FLOUR BLEACHED (WHEAT FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEGERMED YELLOW CORN MEAL, DEXTROSE, SUGAR, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE). CONTAINS 2% OR LESS OF: PALM OIL, DEFATTED SOY FLOUR, SALT, MODIFIED WHEY, PROPYLENE GLYCOL MONO AND DIESTERS, SOY LECITHIN, MONO AND DIGLYCERIDES, CELLULOSE GUM, NATURAL AND ARTIFICIAL FLAVOR, COLOR ADDED, EGG. CONTAINS WHEAT, SOY, MILK AND EGG INGREDIENTS.

⚠ Allergens

Contains:

🥚 eggs 🥛 milk 🌱 soy 🌾 wheat

Nutrition Facts

Servings per Container 156
Serving size 2/3cup Mix (86g) Makes 2-4 1/2" Pancakes

Amount per serving
Calories 300

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1060mg	46%
Total Carbohydrate 63g	23%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 7g Added Sugar	14%
Protein 6g	
Vitamin D	%
Calcium 60mg	5%
Iron 3.5mg	19%
Potassium 140mg	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.

Handling Suggestions

6--5 lb. boxes per case. "Best if Used By" code date. Store in a cool, dry location.

Serving Suggestions

Standard directions will produce 96--4" pancakes using a 2 oz ladle. Pancake mix can also be used as a waffle mix.

Prep & Cooking Suggestions

Standard Prep: Just add water. One stage mix with 2 minutes of mixing time. Deposit batter on preheated griddle at 375 degrees F. Grill 1 1/2 minutes on each side. See package for complete mixing and grilling instructions.

✍ Product Specifications

Brand	Manufacturer
General Mills	General Mills Services, Inc.

MFG #	SPC #	GTIN	Pack	Pack Desc.
16000-11030	22182400	10016000110301	6	6 / / cs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
32.7lb	30lb	USA	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.68in	11.75in	10in	1.07ft3	10x5	372DAYS	32°F / 95°F



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Nutrition Analysis - By Serving

Calories	300	Total Fat	3g	Sodium	1060mg
Protein	6	Trans Fats	0g	Calcium	60mg
Total Carbohydrates...	63g	Saturated Fat	1.5g	Iron	3.5mg
Sugars	9g	Added Sugars	7g	Potassium	140mg
Dietary Fiber	2g	Polyunsaturated Fat	1g	Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)	0	Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

