



Aunt Jemima  
22183100 - Aj Opmx Reg 5 Lb/6

AUNT JEMIMA Complete Pancake Mix is ready to help you make great pancakes for your customers. Just add water and your choice of toppings to customize. AUNT JEMIMA Complete Pancake Mix is sold in convenient reseal able 5 pound containers.



Nutrition Facts

Servings per Container 49  
Serving size 1/3cupmix(46g)approx.two-4"pancakes

Amount per serving  
Calories 160

% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	20%
Total Carbohydrate 33g	12%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 5g Added Sugar	10%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 60mg	5%
Iron 1.7mg	9%
Potassium 50mg	1%

\* 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

Just add water and your choice of toppings to customize.  
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Ingredients

ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACINAMIDE, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), DEXTROSE, NONFAT DRY MILK, PALM OIL, SALT, WHEAT GLUTEN, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, LACTIC ACID, TOCOPHEROLS (TO PRESERVE FRESHNESS). CONTAINS MILK AND WHEAT INGREDIENTS.

Allergens

Contains:

milk wheat

Handling Suggestions

All products are code dated with expiration date. Rotate product to insure fresh products. Destroy out of code products. Store out of direct sunlight at room temperature.

Serving Suggestions

Mix in nuts or berries into the pancakes to personalize and to drive check average. Top with syrup or fruit

Prep & Cooking Suggestions

Griddle Fry

Product Specifications

Brand	Manufacturer
Aunt Jemima	QTG

MFG #	SPC #	GTIN	Pack	Pack Desc.
43266	22183100	10030000432669		cs

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
33.14lb	30lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
13.75in	10.81in	10.88in	0.94ft3	14x4	360DAYS	35°F / 85°F



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Nutrition Analysis - By Serving

Calories	160	Total Fat	1g	Sodium	470mg
Protein	5	Trans Fats	0g	Calcium	60mg
Total Carbohydrates...	33g	Saturated Fat	0g	Iron	1.7mg
Sugars	5g	Added Sugars	5g	Potassium	50mg
Dietary Fiber	1g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	0.1mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

