



The Sweet Taste of Tradition

GOOD FOOD, INC.

PURITY, QUALITY, AND TRADITION

**G O L D E N · B A R R E L
B A K I N G P R O D U C T S**

Pancake & Waffle Mix

Nutrients per 100g as is

Calories	330.18 Kcal
Fat.....	1.28 g
Saturated Fat.....	0 g
Trans Fat.....	0 g
Cholesterol.....	0 mg
Protein.....	0 g
Carbohydrate.....	73.69 g
Fiber.....	2.16 g
Total Sugars.....	12.99 g
Added Sugars.....	12.99 g

Minerals:

Calcium.....	342.95 mg
Iron.....	0.09 mg
Sodium.....	1657.68 mg
Potassium.....	0.17 mg

Vitamins:

Vitamin A.....	0 IU
Vitamin C.....	0 mg
Vitamin D.....	0 mg
Niacin.....	0 mg
Thiamine.....	0 mg
Riboflavin.....	0 mg

Ingredients: Flour, Sugar, Baking Powder, Salt

Effective: 06/28/16
Supersedes: 08/09/10
Revision: 1
Revised By: Mela Sims