

## PEARL MILLING COMPANY PANCAKE & WAFFLE MIX - BUTTERMILK COMPLETE



OU Kosher Dairy

### Notes

- Product formulation, packaging and promotions may change. For current information, refer to packaging on store shelves. Information may also differ from package labels because of the limited space on some packages.
- Visit [contact.pepsico.com](https://contact.pepsico.com) for more information.

### Nutrition Facts

About 50 servings per container

**Serving Size**  
1/3 cup (45g/ approx two - 4 inch  
pancakes)

Amount Per Serving  
**Calories**

**160**

% Daily Value\*

<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 490mg	<b>21%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>9%</b>

**Protein** 5g

Vitamin D 0mcg	<b>0%</b>
Calcium 60mg	<b>4%</b>
Iron 1.6mg	<b>8%</b>
Potassium 50mg	<b>0%</b>
Thiamine 0.2mg	<b>15%</b>
Riboflavin 0.1mg	<b>8%</b>
Niacin 1.6mg	<b>10%</b>
Folate 100mcg DFE (55mcg Folic Acid)	<b>25%</b>
Phosphorus 250mg	<b>20%</b>

\*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.

**Ingredients:** Enriched bleached flour (bleached wheat flour, niacinamide, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), dextrose, buttermilk powder, 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.**

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Last updated on August 17, 2025.