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PRODUCT

BUCKWHEAT PANCAKE MIX #012

FOOD GRADE

This product shall be of food grade and in all respects, including labeling, in compliance with the Federal Food, Drug, and Cosmetic Act of 1939 as amended and all applicable regulations thereunder.

DESCRIPTION

This fine product was developed to yield a high quality buckwheat pancake with the simplest preparation possible. This pancake mix is prepared by combining cold water and a dry mix. This mix produces a pancake with an “earthy” wholegrain flavor and desirable aroma. This product uses buckwheat flour blended with bleached wheat flour. It is not considered a whole grain product. This product shall be free of rancid, bitter, musty, or other undesirable flavors or odors. The product shall be free of all types of foreign material as can be achieved through Good Manufacturing Practices.

CONTAINER

6/5 lb. Case

PREPARATION

Add 90 – 100 oz. cold water to 5 lbs. of pancake mix. Pour water into mixing bowl and then add mix. Water may be adjusted to desired consistency. Using a wire whip, combine with water and mix only until all water is absorbed. Batter will appear lumpy. Do not over-mix. Allow batter to sit for about 5 minutes at room temperature before cooking. Cook pancakes on lightly greased griddle preheated to about 385° F. for 1 – 1 ½ minutes on each side.

YIELD

Yield is approx. 18 - 20 pancakes per 1 lb. of mix depending on size of pancake.

USES

Pancakes are commonly served as a main course or side dish at breakfast. Top them with maple syrup, peanut butter, jam or jelly, powdered sugar, etc.

INGREDIENTS

Bleached **Wheat** Flour (enriched with niacin, iron, thiamine mononitrate, riboflavin, malted barley and folic acid), Buckwheat Flour, **Whey (from milk)**, Corn Flour, Dextrose, Leavening (sodium bicarbonate, sodium acid pyrophosphate and monocalcium phosphate), Salt, **Buttermilk**.

ALLERGEN WARNING: CONTAINS WHEAT AND MILK

**NUTRITION
(Dry Mix Only)**

Nutrition Facts	
Serving Size 1/2 Cup (57g)	
Amount Per Serving	
Calories 200	Calories from Fat 20
% Daily Value*	
Total Fat 2 5g	4%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 670mg	28%
Total Carbohydrate 40g	13%
Dietary Fiber 2g	7%
Sugars 6g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 10%
Vitamin K 4%	Folate 15%
*Percent Daily Values are based on a diet of 2,000 calories	