



GTIN: 10041449101887

ITEM#: 731-0180

KR PRO WHEAT HONEY PANCAKE

Serve the #1 recommended baking mix in foodservice with Krusteaz Professional Whole Wheat Honey Pancake Mix combines the flavor of hearty whole wheat and sweet honey for pancakes the way nature intended them. Easy to prepare, these unique pancakes are a welcome addition to any menu.

| | | |
|------------|------------------|------------------|
| Shelf Life | Storage Temp Min | Storage Temp Max |
| 365 days | 32°F | 90°F |

Ingredients

Whole wheat flour, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), defatted soy flour, sugar, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate, aluminum sulfate), dextrose, wheat bran, honey powder (honey, wheat starch, high fructose corn syrup), salt, soybean oil.



Preparation and Cooking

FULL BATCH

5 lb (full box) Mix
120 oz (15 cups) Cool Water

HALF BATCH

2 1/2 lb (9 1/4 cups) Mix
60 oz (7 1/2 cups) Cool Water

- Blend mix and water together using a wire whisk until well-blended.
 - Pour batter onto greased, preheated 365F-375F griddle.
 - Cook pancakes 1 1/4-1 1/2 minutes per side. Turn only once.
- MACHINE MIXING: Place water in mixer bowl; add mix. Using a wire whip, mix on low speed 30 seconds. Scrape bowl. Continue to mix on low speed 30 seconds. Follow steps 2-3 above.
- Do not eat raw batter.
- HIGH ALTITUDE: No adjustment necessary.

Scale: 1.8 oz batter (#20 scoop)
Full Batch Yield: 111, 4-inch pancakes
Half Batch Yield: 55, 4-inch pancakes
Scale: 2.4 oz batter (#16 scoop)
Full Batch Yield: 80, 5-inch pancakes
Half Batch Yield: 40, 5-inch pancakes
Scale: 8.9 oz batter (2, #8 scoop)
Full Batch Yield: 24, 7-inch waffles
Half Batch Yield: 12, 7-inch waffles

HANDLING TIPS

View our full recipes library at <https://www.krusteazpro.com/recipes>

Allergens



Nutrition Facts

222 servings per Container

Serving Size

1/2 cup mix

Amount per serving

Calories

210

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 2g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 490mg | 21% |
| Total Carbohydrate 43g | 16% |
| Dietary Fiber 4g | 14% |
| Total Sugars 6g | |
| Includes 4g Added Sugars | 8% |
| Protein 8g | |
| Vitamin D 0mcg | 0% |
| Calcium 70mg | 6% |
| Iron 3mg | 15% |
| Potassium 230mg | 4% |

* 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.