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KR PRO BUCKWHEAT PANCAKE

From the #1 recommended foodservice bak mix brand, Krusteaz old-fashioned goodness of buckwheat pancakes is today's breakfast specialty trend. Krusteaz makes it easy to serve light and fluffy buckwheat pancakes that are rich in fiber and texture.

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

Ingredients

Wheat flour, buckwheat flour, sugar, dextrose, soybean oil, Less than 2% of: baking soda, buttermilk, monocalcium phosphate, salt, sodium acid pyrophosphate.



Preparation and Cooking

FULL BATCH	HALF BATCH
5lb (full box) Mix	2 1/2 lb (9 cups) Mix
90 oz (11 1/4 cups) Cool Water	45 oz (5 2/3 cups) Cool Water

DIRECTIONS

1. Blend Mix and water together using a wire whisk until well-blended
2. Pour batter onto greased, preheated 365F-375F griddle.
3. Cook pancakes 1- 1 1/2 minutes per side. Turn only once.

MACHINE MIXING: Place water into mixer bowl; add mix. Using a wire whip, mix on low speed 30 seconds. Scrape bowl. Continue to mix on low speed for 30 seconds.

Follow steps 2 and 3 above.

Do not eat raw batter.

HIGH ALTITUDE: No adjustment necessary

1.7 oz batter 108, 4-inch pancakes 54, 4-inch pancakes (#20 scoop)

2.2 oz batter 75, 5-inch pancakes 36, 5-inch pancakes (#16 scoop)

1.9 oz batter 90, 4-inch waffles 45, 4-inch waffles

HANDLING TIPS

Do not overmix batter.

Add more water for thinner pancakes.

Additional water can be added if batter becomes thick upon standing

Nutrition Facts

216 servings per Container

Serving Size

1/2 cup dry mix

Amount per serving

Calories 230

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 610mg 27%

Total Carbohydrate 47g 17%

Dietary Fiber 2g 7%

Total Sugars 8g

Includes 7g Added Sugars 14%

Protein 5g

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 1mg 4%

Potassium 100mg 2%

* 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.

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

Allergens

