

Krusteaz Buttermilk Protein Pancake Mix

Here's a stack of pancakes that will fill you up without slowing you down. Made with 15 grams of protein per serving and 100% whole grain flour, Krusteaz Protein Pancake Mix means a breakfast, brunch or dinner packed with extra energy. And it's simple to make. Just add water to the mix and cook until your pancakes are golden brown. This mix comes in 20-ounce box.



Shelf Life	Storage Temp Min	Storage Temp Max
365 days	45°F	90°F

Ingredients

Whole grain wheat flour, wheat protein isolate, sugar, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), whey protein isolate (milk), soybean oil, salt, dextrose, buttermilk, natural flavor.

Preparation and Cooking

To Prepare:
Heat pancake griddle to 375F (medium heat). Lightly grease griddle.
Whisk pancake mix and water. Batter will be slightly lumpy. Do not over-mix. Let batter stand 2 minutes. Pour slightly less than 1/2 cup batter per pancake onto griddle.
Cook pancakes 1 - 2 minutes per side, or until golden brown, turning only once.

Nutrition Facts

0 servings per Container

Serving Size

1/2 Cup

Amount per serving

Calories

220

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 600mg **26%**

Total Carbohydrate 34g **12%**

Dietary Fiber 4g **14%**

Total Sugars 7g

Includes 6g Added Sugars **12%**

Protein 15g

Vitamin D 0mcg **0%**

Calcium 60mg **4%**

Iron 2mg **10%**

Potassium 140mg **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.

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Allergens

