MICROWAVE DIRECTIONS
1. Remove sealed lid completely.
2. Add water to fill line inside of pancake cup. For best results, use 1/4 cup water.
3. Stir with a fork, scraping sides and bottom of cup until batter is consistently mixed together.
4. Microwave on high for 1 minute 10 seconds.
TIP: For an optimal eating experience, enjoy with a fork.
CAUTION: CUP AND CONTENTS WILL BE HOT
Microwave ovens vary in power. Cooking time may need to be adjusted. For microwaves under 800 watts, add 10 seconds to cook time. Do not reuse cup. Additional space included in cup to prevent product from boiling over.
SAFE HANDLING INSTRUCTIONS: Pancake mix is made with raw flour so it is not ready-to-eat and must be thoroughly cooked before eating to prevent illness from potential bacteria in the flour. Do not eat or play with raw dough; wash hands, utensils, and surfaces after handling.
TRY IT WITH SYRUP!
Syrup Sold Separately
Scan here for more food information or call 1-800-407-2247
We're here to help. pearlmillingcompany.com or 800.407.2247 Please have package available when calling.
SEE NUTRITION INFORMATION FOR SODIUM CONTENT
220 CALORIES PER CUP
SINCE 1889
Pearl Milling COMPANY
PANCAKE ON THE GO • JUST ADD WATER
Buttermilk & Maple FLAVOR
WITH OTHER NATURAL FLAVORS • Pancake Mix
:70 SECONDS
ADD WATER, STIR AND MICROWAVE.
SYRUP ADDED AS SERVING SUGGESTION
NET WT 2.11 OZ (60 g)
FORMERLY Aunt Jemima.
Nutrition Facts
1 serving per container
Serving size 1 cup (60g)
Amount per serving
Calories 220
% Daily Value*
Total Fat 4.5g 6%
Saturated Fat 2.5g 13%
Trans Fat 0g
Polyunsaturated Fat 0g
Monounsaturated Fat 1g
Cholesterol <5mg 1%
Sodium 480mg 21%
Total Carb. 42g 15%
Dietary Fiber <1g 3%
Total Sugars 14g
Incl. 11g Added Sugars 22%
Protein 6g
Vitamin D 0mcg 0% • Calcium 90mg 6%
Iron 1.7mg 8% • Potassium 310mg 6%
Thiamin 0.24mg 20% • Riboflavin 0.2mg 15%
Niacin 1.6mg 10% • Folate 100mcg DFE 25% (56mcg Folic Acid)
* 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, BUTTERMILK POWDER, LEAVENING (BAKING SODA, POTASSIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), PALM OIL, CARAMEL CHIPS (SUGAR, PALM KERNEL AND PALM OIL, CARAMEL COLOR), WHOLE MILK, COCOA POWDER, SOY LECITHIN, SALT, NATURAL FLAVOR, PAPRIKA EXTRACT (COLOR), NATURAL FLAVOR, DEXTROSE, SALT, CORN SYRUP SOLIDS, WHEAT GLUTEN, SODIUM CASEINATE, MONO AND DIGLYCERIDES, TOCOPHEROLS (TO PRESERVE FRESHNESS).
*ONE OF THE B VITAMINS.
CONTAINS MILK, SOY AND WHEAT INGREDIENTS.
DISTRIBUTED BY: THE QUAKER OATS COMPANY P.O. BOX 049003 CHICAGO, IL 60604-9003 U.S.A.
©2024 The Quaker Oats Company
INTERPRESS

Pearl Milling COMPANY
:70 SECONDS
ADD WATER, STIR AND MICROWAVE.