

MICROWAVE DIRECTIONS

1. Remove sealed lid completely.
2. Add water to fill line inside of pancake cup.
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.



We're here to help.
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Please have package
available when calling.

SEE NUTRITION
INFORMATION
FOR SODIUM
CONTENT

230
CALORIES
PER CUP

SINCE 1889
Pearl Milling
COMPANY

PANCAKE ON THE GO • JUST ADD WATER

Chocolate Chip FLAVOR
WITH OTHER NATURAL FLAVORS • Pancake Mix



NET WT
2.11 OZ (60 g)

70
SECONDS
ADD WATER, STIR,
AND MICROWAVE

FORMERLY **Aunt Jemima.**

Nutrition Facts

1 serving per container
Serving size 1 cup (60g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 4.5g	6%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1.5g	
Cholesterol <5mg	1%
Sodium 450mg	20%
Total Carb. 42g	15%
Dietary Fiber 1g	5%
Total Sugars 13g	
Incl. 10g Added Sugars	21%
Protein 6g	

Vitamin D 0mcg 0% • Calcium 90mg 6%
Iron 2.2mg 10% • Potassium 330mg 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 MONONITRATE, NIACINAMIDE, REDUCED IRON, THIAMINE, CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, BUTTER, BUTTER, SOY LECITHIN, VANILLA EXTRACT), POTASSIUM BICARBONATE, SODIUM ALUMINUM DIPHOSPHATE, MONOCALCIUM PHOSPHATE), PALM OIL, DEXTROSE, CORN SYRUP SOLIDS, SALT, NATURAL FLAVOR, WHEAT GLUTEN, SODIUM CASEINATE, MONO AND DIGLYCERIDES, TOCOPHEROLS (TO PRESERVE FRESHNESS).

*ONE OF THE B VITAMINS.
CONTAINS MILK, SOY AND WHEAT INGREDIENTS.
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