SINCE 1889

Pearl Milling™ COMPANY

PANCAKE ON THE GO • JUST ADD WATER

Blueberry FLAVOR

WITH OTHER NATURAL FLAVORS • Pancake Mix

:70 SECONDS ADD WATER, STIR AND MICROWAVE.

FORMERLY Aunt Jemima.

NET WT 2.04 OZ (58 g)

210 CALORIES PER CUP

SEE NUTRITION INFORMATION FOR SODIUM CONTENT

TRY IT WITH SYRUP!

Syrup Sold Separately

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.

smartlabel™

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.

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Nutrition Facts

1 serving per container

Serving size 1 cup (58g)

Amount per serving

Calories 210

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol <5mg	1%
Sodium 440mg	19%
Total Carb. 41g	15%
Dietary Fiber 1g	4%
Total Sugars 13g	
Incl. 10g Added Sugars	20%
Protein 6g	

Vitamin D 0mcg	0%	• Calcium 90mg	6%
Iron 1.7mg	8%	• Potassium 320mg	6%
Thiamin 0.24mg	20%	• Riboflavin 0.2mg	15%
Niacin 1.6mg	10%	• Folate 100mcg DFE (50mcg Folic Acid)	25%

* 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, DRIED BLUEBERRIES, DEXTROSE, NATURAL FLAVOR, CORN SYRUP SOLIDS, SALT, WHEAT GLUTEN, SODIUM CASEINATE, MONO AND DIGLYCERIDES, TOCOPHEROLS (TO PRESERVE FRESHNESS).

*ONE OF THE B VITAMINS.

CONTAINS MILK AND WHEAT INGREDIENTS.

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