



GTIN: 10041449101887

ITEM#: 731-0180

## KR PRO WHEAT HONEY PANCAKE

Serve the #1 recommended baking mix in foodservice with Krusteaz Professional Whole Wheat Honey Pancake Mix combines the flavor of hearty whole wheat and sweet honey for pancakes the way nature intended them. Easy to prepare, these unique pancakes are a welcome addition to any menu.

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

### Ingredients

Whole wheat flour, enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), defatted soy flour, sugar, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate, aluminum sulfate), dextrose, wheat bran, honey powder (honey, wheat starch, high fructose corn syrup), salt, soybean oil.



### Preparation and Cooking

#### FULL BATCH

5 lb (full box) Mix  
120 oz (15 cups) Cool Water

#### HALF BATCH

2 1/2 lb (9 1/4 cups) Mix  
60 oz (7 1/2 cups) Cool Water

- Blend mix and water together using a wire whisk until well-blended.
  - Pour batter onto greased, preheated 365F-375F griddle.
  - Cook pancakes 1 1/4-1 1/2 minutes per side. Turn only once.
- MACHINE MIXING: Place water in mixer bowl; add mix. Using a wire whip, mix on low speed 30 seconds. Scrape bowl. Continue to mix on low speed 30 seconds. Follow steps 2-3 above.
- Do not eat raw batter.
- HIGH ALTITUDE: No adjustment necessary.

Scale: 1.8 oz batter (#20 scoop)  
Full Batch Yield: 111, 4-inch pancakes  
Half Batch Yield: 55, 4-inch pancakes  
Scale: 2.4 oz batter (#16 scoop)  
Full Batch Yield: 80, 5-inch pancakes  
Half Batch Yield: 40, 5-inch pancakes  
Scale: 8.9 oz batter (2, #8 scoop)  
Full Batch Yield: 24, 7-inch waffles  
Half Batch Yield: 12, 7-inch waffles

HANDLING TIPS

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

### Allergens



## Nutrition Facts

222 servings per Container

Serving Size

1/2 cup mix

Amount per serving

**Calories**

**210**

% Daily Value\*

<b>Total Fat</b> 2g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 490mg	<b>21%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 70mg	<b>6%</b>
Iron 3mg	<b>15%</b>
Potassium 230mg	<b>4%</b>

\* 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.