



Nutrition Information

Pancake Mixes and Syrup | Foodservice



Nutrition Information

Pearl Milling Company - Original Complete Pancake & Waffle Mix



PMC Original Complete Pancake & Waffle Mix
6 / 5lb Box

UPC: 030000632666



INGREDIENTS: Enriched Bleached Flour, Bleached Wheat Flour, Niacinamide, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Sugar, Leavening, Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate, Dextrose, Nonfat Dry Milk, Palm Oil, Salt, Wheat Gluten, Corn Syrup Solids, Sodium Caseinate, Mono And Diglycerides, Dipotassium Phosphate, Lactic Acid, Tocopherols (To Preserve Freshness).

CONTAINS WHEAT INGREDIENTS.

Nutrition Facts

Serving Size 1/3 Cup (46g or Approx. Two - 4" Pancakes)

Amount Per Serving

Calories 160

		% Daily Value *
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
Cholesterol	470 mg	20%
Sodium	33 g	12%
Total Carbohydrate	< 1 g	3%
Dietary Fiber	5 g	
Total Sugars	5 g	9%
Includes Added Sugars	5 g	
Protein		
Vitamin D	0 mcg	0%
Calcium	60 mg	4%
Iron	1.7 mg	8%
Potassium	50 mg	0%
Thiamin	0.2 mg	15%
Riboflavin	0.1 mg	8%
Niacin	1.6 mg	10%
Folate DFE	100 mcg	25%
Folic Acid	57 mcg	
Phosphorus	250 mg	20%

Nutrition Information

Pearl Milling Company - Original Gallon Syrup



PMC Original Gallon Syrup
Gallon Jug - 4 / 128oz

UPC: 030000624067



INGREDIENTS: Corn Syrup, High Fructose Corn Syrup, Water, Cellulose Gum, Caramel Color, Salt, Natural And Artificial Flavor, Sodium Benzoate And Sorbic Acid (Preservatives), Sodium Benzoate (Preservative), Sorbic Acid (Preservative), Sodium Hexametaphosphate (Stabilizer).

Nutrition Facts

2 Tablespoon (30mL)

Amount Per Serving

Calories 100

		% Daily Value *
Total Fat	0g	0%
Sodium	30 mg	1%
Total Carbohydrate	25 g	9%
Total Sugars	15 g	
Includes Added Sugars	15 g	31%
Protein	0 g	

Nutrition Information

Pearl Milling Company - Belgian Waffle Mix



PMC Belgian Waffle Mix
12 / 2lbs Box

UPC: 030000573747



INGREDIENTS: Enriched Bleached Flour, Bleached Wheat Flour, Niacinamide, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Sugar, Leavening, Baking Soda, Sodium Aluminum Phosphate, Monocalcium Phosphate, Dextrose, Nonfat Dry Milk, Palm Oil, Salt, Wheat Gluten, Corn Syrup Solids, Sodium Caseinate, Mono And Diglycerides, Dipotassium Phosphate, Lactic Acid, Tocopherols (To Preserve Freshness).

CONTAINS WHEAT INGREDIENTS.

Nutrition Facts

Serving Size 1/3 Cup (46g) Approx. Half 7" Round Waffle

Amount Per Serving

Calories **160**

		% Daily Value *
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	0%
Polyunsaturated Fat	0 g	0%
Monounsaturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	470 mg	20%
Total Carbohydrate	33 g	12%
Dietary Fiber	< 1 g	3%
Total Sugars	5 g	
Includes Added Sugars	5 g	9%
Protein	5 g	
Vitamin D	0 mcg	0%
Calcium	60 mg	4%
Iron	1.7 mg	8%
Potassium	50 mg	0%
Thiamine	0.2 mg	15%
Riboflavin	0.1 mg	8%
Niacin	1.6 mg	10%
Folate DFE	100 mcg	25%
Folic Acid	57 mcg	
Phosphorus	250 mg	20%