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NUTRITION

# GLUTEN FREE

## Gluten Free Pancake mix Lactose Free

Art.nr:	1481
Product description:	Gluten Free Pancake mix Lactose Free
EAN-code product:	5412158018199
EAN-code carton	5412158043702 (x 1) 5412158018205 (x 6)
Custom-code:	19012000
Ingredients:	corn starch, flour (rice, buckwheat), dextrose, raising agents (diphosphates, sodium carbonates), salt
Weight:	400 g
Storage:	Keep at room temperature
Usage:	Pancakes - 400g mix (in the box) - 800ml milk - 5 eggs Put the eggs in a bowl and whisk them gently. Add the mix and half of the milk. Add the rest of the milk and stir well until you get a smooth dough. Melt some butter or margarine in a frying pan and bake the pancakes on both sides long enough, until they have a golden brown colour. Add some butter or margarine in the pan on a regular basis. Waffles - 400g mix (in the box) - 125g melted butter or margarine - 75g sugar - 4 eggs Put all the ingredients in a mixing bowl and stir until you get a smooth dough. Place the dough in the refrigerator for about 1 hour. Grease the waffle iron with some butter, fill in the batter and cook until the waffles get a golden brown colour. Let cool on a rack.
Dimensions:	9,5 cm W x 19,5 cm H x 5,0 cm D



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	portie/portion
	100 g
Energy kJ	1456
Energy kcal	343
Fats	1.3 g
saturated fats	0.3 g
Carbohydrates	77.2 g
sugars	2.5 g
Food fibres	0.9 g
Protein	5.2 g
Salt	0.77 g

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