



Damhert
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:	Let's bake! Pancakes (15 pieces) Ingredients: - 400g pancake mix - 800ml milk - 5 eggs Preparation: Mix 400g pancake mix, 5 eggs and 800ml milk and whisk until smooth. Melt a little butter/margarine/oil in a hot pan with non-stick coating. Put a spoonful of batter in the pan and divide it. Bake the pancake until golden brown on both sides. Waffles (8 pieces) Ingredients: - 400g pancake mix - 125g melted butter or margarine - 75g sugar - 4 eggs Preparation: Mix 400g pancake mix, 4 eggs and 400ml milk and whisk until smooth. Let the batter rest for 10 to 15 minutes. Heat the waffle iron and grease it. Put a spoonful of batter in the waffle iron and bake the waffles until golden brown.
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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