

KRUSTEAZ[®]



Product Code	Product	Pack Size	Approx. Portion Cost	Approximate Yield Per 5 lb. Mix (or smallest pack size indicated)	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	T1 Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
						g	g	g	mg	mg	g	g	g	g	g	g	g	g	g
Pancake & Waffle Mixes																			
731-0120	Buttermilk Pancake Mix	6/5 lb	4.5¢	(120) 4-inch pancakes	57g mix (amount for 3, 4-inch pancakes)	200	2	0.5	0	<5	580	39	2	7	7	0	0	116	2.4
731-0140		25 lb	4¢		Dry mix per 100g	359	3.9	0.8	0.5	7	1015	69	3.1	12	11.8	0	0	203	4.2
731-0160		50 lb	3.5¢																
731-0180	Wheat & Honey Pancake Mix	6/5 lb	5¢	(105) 4-inch pancakes	65g mix (amount for 3, 4-inch pancakes)	230	2	0	0	5	540	44	4	7	9	0	0	85.1	2.2
					Dry mix per 100g	352	2.6	0.5	0	8	838	68	7.2	10	14.1	0	0	131	3.4
731-0220	Buckwheat Pancake Mix	6/5 lb	6¢	(100) 4-inch pancakes	69g mix (amount for 3, 4-inch pancakes)	250	3.5	0.5	0	15	820	47	3	8	8	0	0	49.4	2.7
					Dry mix per 100g	364	4.7	1	0.5	21	1188	69	4.1	12	11.5	0	0	71.6	3.9
731-5634	Easy Buttermilk Pancake Mix	6/5 lb	4.5¢	(112) 4-inch pancakes	61g mix (amount for 3, 4-inch pancakes)	220	2.5	0.5	0	10	840	44	2	8	5	0	0	51	1.8
					Dry mix per 100g	360	4.3	0.8	0.2	12	1378	72	2.5	13	8.2	0	0	83.7	3
731-6317	Gold Buttermilk Pancake Mix	6/5 lb	4¢	(112) 4-inch pancakes	61g mix (amount for 3, 4-inch pancakes)	220	3	1.5	0	0	760	43	2	7	5	0	0	236	2
					Dry mix per 100g	359	5.2	1	0.7	3	1239	71	3	11	7.7	0	0	387	3.3
731-6341	High Range Buttermilk Pancake Mix	6/5 lb	5¢	(112) 4-inch pancakes	61g mix (amount for 3, 4-inch pancakes) ¹	250	7	2	0	55	840	42	1	8	6	111	0	165	2.1
					Dry mix per 100g	381	9	2.5	0.7	3	1358	68	2.4	13	7.2	54	0	261	3.2
731-6332	Complete Buttermilk Pancake & Waffle Mix	6/5 lb	5¢	(112) 4-inch pancakes	61g mix (amount for 3, 4-inch pancakes)	230	4	1	0	10	820	42	2	10	5	0	0	74.9	1.7
					Dry mix per 100g	371	6.5	1.4	0.8	17	1343	69	2.6	16	8.8	0	0	123	2.7
731-0290	Buttermilk Egg Waffle Mix	6/5 lb	16¢	(40) 7-inch waffles	57g mix (amount for 1, 7-inch waffle)	230	6	2	0	20	650	37	1	7	6	0	0	36.3	2.1
731-0320		25 lb	15.5¢		Dry mix per 100g	402	11.2	3	0.8	34	1138	65	2.5	12	10.6	0	0	63.7	3.6
731-0360	Belgian Waffle Mix	6/5 lb	26¢	(25) 7-inch waffles	91g mix (amount for 1, 7-inch waffle)	370	10	2	0	0	1040	59	2	13	10	0	0	170	3.2
					Dry mix per 100g	395	10.5	2.1	0.5	0	1144	64	2.4	14	10.7	0	0	187	3.5
Cake, Cookie, Brownie & Icing Mixes																			
732-0118	Cinnamon Streusel Coffee Cake Mix	6/7 lb	19¢	(1) 24x16x1-inch pan (yields 64, 3x2-inch cuts)	49g mix (amount for 1, 3x2-inch cut)	210	7	2	0	5	270	36	<1	19	2	0	0	14.7	1.2
						Dry mix per 100g	430	12.9	3.9	1	12	552	74	1.2	38	4.1	0	0	30.1
732-5756	Plus White Cake Mix	6/4.5 lb	19¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	43g mix (amount for 1, 4x2-inch cut) ¹	230	10	2.5	0	40	280	33	<1	20	3	0	0	19.5	0.9
					Dry mix per 100g	418	10	3.8	0.8	0	629	78	1.2	46	4.5	0	0	34.7	1.7
732-5758	Plus Yellow Cake Mix	6/4.5 lb	19¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	43g mix (amount for 1, 4x2-inch cut) ¹	230	10	2.5	0	40	290	33	<1	20	3	0	0	19.9	0.9
					Dry mix per 100g	418	10	3.7	0.8	0	637	78	1.2	46	4.5	0	0	35.5	1.7
732-5760	Plus Devil's Food Cake Mix	6/4.5 lb	21¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	43g mix (amount for 1, 4x2-inch cut) ¹	230	10	3	0	40	290	32	1	18	4	0	0	23.3	1.9
					Dry mix per 100g	411	10.6	4.2	0.8	0	658	73	3.3	43	5.7	0	0	43.5	4.1
732-5725	Plus Dark Chocolate Cake Mix	6/4.5 lb	21¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	43g mix (amount for 1, 4x2-inch cut) ¹	230	10	3	0	40	330	2	2	18	4	0	0	25.3	2.1
					Dry mix per 100g	416	11	4.4	0.8	0	748	73	4.1	41	6.2	0	0	48.2	4.5
732-0120	White Cake Mix	6/5 lb	20.5¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	47g mix (amount for 1, 4x2-inch cut)	190	4.5	1.5	0	0	350	35	<1	20	3	0	0	28.7	0.9
					Dry mix per 100g	412	9.6	3.7	0.8	0	739	75	0.8	42	6	0	0	61.1	1.8
732-7218	Deluxe White Cake Mix	6/5 lb	21¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	47g mix (amount for 1, 4x2-inch cut)	200	4.5	1.5	0	0	290	36	<1	23	3	0	0	30.9	0.7
					Dry mix per 100g	418	9.6	3.7	0.8	0.4	611	77	0.8	49	5.7	0	0	65.7	1.5
732-0180	Yellow Cake Mix	6/5 lb	20.5¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	47g mix (amount for 1, 4x2-inch cut)	190	4.5	1.5	0	0	350	35	<1	19	3	0	0	28.8	0.9
					Dry mix per 100g	411	9.6	3.7	0.8	0	740	75	0.8	41	6	0	0	61.2	1.8
732-7219	Deluxe Yellow Cake Mix	6/5 lb	21¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	47g mix (amount for 1, 4x2-inch cut)	200	4.5	1.5	0	0	290	36	<1	23	3	0	0	27.5	0.7
					Dry mix per 100g	419	9.8	3.6	0.8	0.5	617	77	0.8	48	5.7	0	0	58.6	1.5
732-0240	Devil's Food Cake Mix	6/5 lb	21.5¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	47g mix (amount for 1, 4x2-inch cut)	190	5	2	0	0	390	33	1	18	3	0	0	33.1	1.7
					Dry mix per 100g	404	0.3	4.1	0.8	0	824	71	2.8	38	7	0	0	70.4	3.7
732-7150	Deluxe Devil's Food Cake Mix	6/5 lb	22¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	47g mix (amount for 1, 4x2-inch cut)	190	5	2	0	0	380	34	1	20	3	0	0	28.7	2
					Dry mix per 100g	406	7.2	4.1	0.8	0	810	71	2.8	43	7.2	0	0	61.1	4.1
732-0300	Milk Chocolate Cake Mix	6/5 lb	21.5¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	47g mix (amount for 1, 4x2-inch cut)	190	4.5	2	0	0	340	34	1	20	3	0	0	22.3	1.6
					Dry mix per 100g	405	10	3.9	0.8	0	729	72	2.6	41	6.9	0	0	47.5	3.5
732-0305	Chocolate/Chocolate Cake Mix	6/5 lb	21.5¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	47g mix (amount for 1, 4x2-inch cut)	190	5	2	0	0	390	34	1	18	3	0	0	28.6	1.7
					Dry mix per 100g	407	10.1	3.9	0.8	0	824	72	3.1	38	7.1	0	0	60.8	3.7
732-7153	Deluxe German Chocolate Cake Mix	6/5 lb	23¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	47g mix (amount for 1, 4x2-inch cut)	190	4	2	0	0	320	35	1	21	3	0	0	31.3	1.2
					Dry mix per 100g	412	9.9	3.9	0.8	0	678	74	1.7	44	6.3	0	0	66.5	2.6
732-0340	Spice Cake Mix	6/5 lb	21.5¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	47g mix (amount for 1, 4x2-inch cut)	190	4.5	1.5	0	0	350	35	<1	19	3	0	0	23.6	0.9
					Dry mix per 100g	411	9.6	3.6	0.8	0	738	75	1.3	41	6.1	0	0	50.3	2.1
732-0380	Gingerbread Mix	6/5 lb	20.5¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	47g mix (amount for 1, 4x2-inch cut)	190	4.5	1.5	0	0	390	35	<1	18	3	0	0	55.1	1.9
					Dry mix per 100g	406	9.4	3.4	0.8	0	838	74	1	39	6.2	0	0	117	4.1
732-0420	Lemon Cake Mix	6/5 lb	21.5¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	47g mix (amount for 1, 4x2-inch cut)	190	4.5	1.5	0	0	330	36	<1	20	3	0	0	18.6	0.8
					Dry mix per 100g	411	9.4	3.5	0.8	0	692	76	0.8	42	5.9	0	0	39.5	1.8
732-0540	Cherry Cake Mix	6/5 lb	21.5¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts) ²	47g mix (amount for 1, 4x2-inch cut)	190	4.5	1.5	0	0	330	35	<1	19	3	0	0	18.6	0.8
					Dry mix per 100g	412	9.6	3.6	0.9	0	693	75	1	41	6	0	0	39.5	1.8

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						Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
						g	g	g	g	mg	mg	g	g	g	g	IU	mg	mg	mg
Biscuit, Roll, Cornbread & Specialty Mixes (continued)																			
734-0290	Buttermilk Baking Mix	6/5 lb	6¢	(106) 1 oz, 2-inch biscuits	43g mix (amount for 2, 2-inch biscuits)	180	6	1.5	0	0	450	27	1	2	4	0	0	87.4	1.7
					Dry mix per 100g	409	13.6	3.7	1.1	1.9	1054	63	2	4	8.8	0	0	203	4
734-0420	Pie Crust Mix	6/5 lb	43¢ per shell	(15) 9-inch single pie shells	18g mix (amount for 1/8 of 9-inch pie)	100	6	1.5	2	0	90	10	<1	<1	1	0	0	2.6	0.5
					Dry mix per 100g	534	33.5	7.6	12.2	0	515	52	1.1	1	5.4	0	0	14.4	2.8
734-0440	Dinner Roll Mix	6/5 lb	7¢	(96) 1 oz rolls	48g mix (amount for 2, 1 oz rolls)	190	4.5	1.5	0	5	330	33	1	6	5	0	0	32.8	1.7
					Dry mix per 100g	397	9	2.7	0.6	12	680	69	2.2	13	10.4	0	0	68.3	3.5
734-0460	Sweet Roll Mix	6/5 lb	9¢	(90) 1 oz rolls	50g mix (amount for 2, 1 oz rolls)	210	7	2	0	25	260	32	<1	8	5	0	0	36.4	1.6
					Dry mix per 100g	425	13.8	3.7	0.9	53	528	65	1.6	15	10.7	0	0	72.7	3.2
734-6556	Hot Roll Mix	6/5 lb	7¢	(90) 1 oz rolls	50g mix (amount for 2, 1 oz rolls)	200	5	2	0	<5	300	34	1	6	5	0	0	14.7	1.8
					Dry mix per 100g	402	10.3	3.7	0.8	6.4	602	67	2.1	11	10.1	0	0	29.3	3.5
734-0530	Cinnamon Roll Mix	6/5 lb	13¢	(60) 1.8 oz rolls	38g mix (amount for 1, 1.8 oz roll)	150	3	1	0	5	190	27	<1	4	4	421	0	17.1	1.4
					Dry mix per 100g	384	7.1	2.1	0.4	12	505	70	2	11	10.1	1109	0	45.1	3.6
734-0540	Southern Style Cornbread Mix	6/5 lb	8¢	(1) 24x16x1-inch pan (yields 64, 3x2-inch cuts)	35g mix (amount for 1, 3x2-inch cut)	130	2.5	0.5	0	5	440	25	1	5	3	0	0	23.1	0.8
					Dry mix per 100g	378	6.7	1.8	0.5	18	1262	72	3.9	14	8	0	0	65.9	2.3
734-0580	Homestyle Cornbread Mix	6/5 lb	9¢	(1) 24x16x1-inch pan (yields 64, 3x2-inch cuts)	36g mix (amount for 1, 3x2-inch cut)	140	3	1	0	5	290	27	1	8	2	0	0	52.7	0.9
734-0600		25 lb	8.5¢		Dry mix per 100g	391	7.7	2.1	0.6	12	819	74	2.7	23	6.7	0	0	146	2.6
734-6686	White Cornbread Mix	6/5 lb	12¢	(1) 24x16x1-inch pan (yields 64, 3x2-inch cuts)	35g mix (amount for 1, 3x2-inch cut) ¹	150	5	1.5	0	40	480	23	<1	3	4	0	0	43.7	0.7
					Dry mix per 100g	394	10.8	2.9	0.8	2	1337	67	1.6	9	7.7	0	0	112	1.7
734-0705	Focaccia Bread Mix	6/4 lb	11¢	(1) 24x16x1-inch pan (yields 48, 4x2-inch cuts)	38g mix (amount for 1, 4x2-inch cut) ¹	150	3	1	0	0	220	27	1	2	4	0	0	8.6	1.4
					Dry mix per 100g	364	4.2	1.8	0	0	588	70	2.3	6	11.8	0	0	20.8	3.5
733-0900	Waffle Cone Mix	6/5 lb	9.5¢	(60) 1.25 oz cones	38g mix (amount for 1, 1.25 oz cone)	160	4	1	0	10	55	29	<1	14	2	0	0	7.8	0.9
					Dry mix per 100g	425	10.7	2.9	0.8	21	149	76	1.4	37	6.4	0	0	20.6	2.4
759-0350	Scone & Shortcake Mix	6/5 lb	14.5¢	(52) 1.8 oz fair style scones	43g mix (amount for 1, 1.8 oz scone)	190	8	2.5	0	0	420	26	<1	4	3	0	0	81	1.6
759-0600		25 lb	14¢		Dry mix per 100g	439	18.6	6	1.1	0	974	61	1.8	8	7.4	0	0	188	3.6
732-0870	Lemon Bars Mix	4/8 lb	18¢	(1) 24x16x1-inch pan (yields 96, 2-inch cuts)	37g mix (amount for 1, 2-inch cut)	160	4	1.5	0	30	100	30	<1	25	1	0	0	7.4	0.3
					Dry mix per 100g	436	10.2	4.3	0.4	74	267	82	<1	67	4	0	0	19.9	0.9
732-0310	Chocolate Pudding Cake Mix	6/4.5 lb	20¢	(1) 20¾x12¾x2½-inch steam table pan (yields 40, 3x2-inch servings)	51g mix (amount for 1, 3x2-inch cut)	210	4.5	1.5	0	0	290	40	1	30	2	0	0	2	1.5
					Dry mix per 100g	408	8.9	2.7	0.7	1	564	77	2.5	58	4.9	0	0	52	2.9
Gravy Mixes																			
734-7034	Pepper Biscuit Gravy Mix	6/1.5 lb	5¢	(70) 2 oz servings	10g mix (amount for ¼ cup prepared)	50	3	1	0	0	310	5	0	1	<1	0	0	5.2	0.2
					Dry mix per 100g	485	29.8	12.3	4.6	1	3120	49	1	3.4	4.7	0	0	52	1.8
734-7035	Biscuit Gravy Mix	6/1.5 lb	4.5¢	(70) 2 oz servings	10g mix (amount for ¼ cup prepared)	50	3	1.5	0	0	220	5	0	<1	<1	0	0	4	0.2
					Dry mix per 100g	498	30.8	12.7	4.8	0	2244	50	0.7	3.3	4.8	0	0	40.3	1.6
Alpine Instant Spiced Cider																			
737-0120	Alpine Instant Spiced Cider	12/17 oz	8¢	(30) 6 oz servings	21g mix (amount for 6-8 fl oz)	80	0	0	0	0	30	20	0	20	0	0	60	54	0.1
737-0125		6/48/0.74 oz	15¢		Dry mix per 100g	380	0.5	0.4	0	0	139	95	0	93	0.2	0	290	257	0.7
Cold Cereal																			
748-0210	Toasted Oats	8/35 oz	12.5¢	(35) 1 oz servings	30g (1 cup)	110	2	0	0	0	280	23	3	1	3	500	15	100	8.1
					with ½ cup skim milk	150	2	0	0	3	345	29	3	7	7	750	15	250	8.1
748-0260	Sugar Frosted Flakes	8/35 oz	12¢	(35) 1 oz servings	31g (¾ cup)	120	0	0	0	0	200	28	<1	13	1	750	15	0	4.5
					with 1/2 cup skim milk	160	0.5	0	0	3	265	34	<1	19	5	1000	15	150	4.5
748-0110	Crisp Rice	8/35 oz	13¢	(35) 1 oz servings	33g (1¼ cups)	120	0	0	0	0	310	29	0	3	2	750	15	0	9
					with ½ cup skim milk	170	0.5	0	0	3	375	35	0	9	6	1000	15	150	9
748-0160	Raisin Bran	8/35 oz	13¢	(18) 1 oz servings	56g (1 cup)	210	1	0	0	0	350	45	7	18	5	750	6	40	4.5
					with ½ cup skim milk	250	1	0	0	3	415	51	7	24	9	1000	9	200	4.5
748-0360	Corn Flakes	8/35 oz	10.5¢	(35) 1 oz servings	32g (1 cup)	130	0	0	0	0	270	28	<1	3	2	1250	15	0	9
					with ½ cup skim milk	170	0.5	0	0	3	335	34	<1	9	6	1500	15	150	9
748-0310	Fruit Whirls	8/35 oz	15¢	(35) 1 oz servings	32g (1 cup)	120	0	0	0	0	150	28	1	15	2	750	15	100	4.5
					with ½ cup skim milk	160	0.5	0	0	3	215	34	1	21	6	1000	15	250	4.5
748-0410	Honey Nut Toasted Oats	8/35 oz	15¢	(35) 1 oz servings	30g (¾ cup)	120	1	0	0	0	250	24	2	11	2	750	15	100	4.5
					with ½ cup skim milk	160	1	0	0	3	312	31	2	17	6	1000	15	250	4.5

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Breading & Batter Mixes⁵				
733-0140	Tempura Batter Mix	6/5 lb	6¢	(80) 1 oz servings
733-0150		25 lb	5.5¢	
733-0180		50 lb	5¢	
733-0200	Fish & Chip Style Batter Mix	25 lb	5¢	(400) 1 oz servings
733-0260	Fri-Eaz Batter Mix	6/5 lb	7¢	(80) 1 oz servings
733-0280		50 lb	6¢	
733-0660	Western Chicken Breader Mix	25 lb	6¢	(400) 1 oz servings
733-0700		50 lb	5.5¢	

¹ Nutrient values per serving include the nutrient contribution from the added ingredients.
² Additional yield alternatives include (8) 8-inch layer cakes OR (6) 9-inch layer cakes OR (75-84) cupcakes.
³ Additional yield alternatives include (114-126) 0.9 oz muffins OR (25-30) 4 oz jumbo muffins OR 5 loaves.
⁴ Additional yield alternatives include (132) 0.9 oz muffins OR (36) 4 oz jumbo muffins OR 8 loaves.
⁵ Nutritional values dependent on final preparation method and oil absorption after frying.



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