

Pancake, Cinnamon Spice 400-6002

03/24/2014

Nutrition Facts

Serving Size (56g)
Servings Per Container

Amount Per Serving

Calories 220 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 770mg **32%**

Total Carbohydrate 37g **12%**

Dietary Fiber 1g **4%**

Sugars 13g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 8%

Thiamin 10% • Riboflavin 6%

Niacin 8% • Folate 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Canola Oil, Dried Whole Egg, Salt, Sodium Bicarbonate, Monocalcium Phosphate, Cinnamon, Sodium Aluminum Phosphate, Ground Nutmeg.

Serving Size: 1/3 Cup (56 g)
Three, 4-inch Pancakes

Number of Servings per Container: 16

Contains Egg, Wheat.

Directions: Set electric griddle at 375 degrees F. Blend 3 1/2 Cups of Pancake MIX with 2 1/2 cups WATER together with a wire whisk (batter will be slightly lumpy). Pour pancake batter onto hot griddle (lightly grease if necessary). Cook until bubbles break on the surface, approximately 1 minute per side. Makes 16 pancakes. Approximately 48 per bag.