

Pancake Mix, Blueberry Buttermilk (400-6001)

Modified #1

05/21/2013

Nutrition Facts	
Serving Size (56g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 630mg	26%
Total Carbohydrate 40g	13%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 5g	
Vitamin A 0% • Vitamin C 0%	
Calcium 10% • Iron 10%	
Thiamin 15% • Riboflavin 8%	
Niacin 10% • Folate 15%	
*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: Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Blueberry Nuggets (Sugar, Corn Flour, Dextrose, Palm Oil, Corn Starch, Natural and Artificial Flavor, Dried Blueberries, Blue #2, Red #40), Sugar, Soy Flour, Dextrose, Canola Oil, Buttermilk Powder, Corn Starch, Sodium Bicarbonate, Sodium Acid Pyrophosphate, Salt, Monocalcium Phosphate, Dried Whole Egg, Artificial Flavor.

Contains Egg, Milk, Soy, Wheat.

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

Servings per Container: 16

Net Weight: 2 Lbs. (907 g)

Directions: Mix 2 cups of PANCAKE MIX with 1 1/2 cups of water. Stir with a fork until slightly lumpy. Cook on a slightly greased griddle at 365-375 degrees F.

Makes 12-16 pancakes . Makes 48 pancakes per bag.