

# Pancake Mix, Buttermilk 400-6000

03/24/2014

## Nutrition Facts

Serving Size (56g)  
Serving Per Container

Amount Per Serving

**Calories** 230      **Calories from Fat** 80

% Daily Value\*

**Total Fat** 8g      **12%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 55mg      **18%**

**Sodium** 560mg      **23%**

**Total Carbohydrate** 33g      **11%**

Dietary Fiber 1g      **4%**

Sugars 7g

**Protein** 7g

Vitamin A 0%      • Vitamin C 0%

Calcium 15%      • Iron 8%

Thiamin 15%      • Riboflavin 8%

Niacin 10%      • 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), Canola Oil, Buttermilk Powder, Sugar, Dried Whole Egg, Sodium Bicarbonate, Salt, Monocalcium Phosphate, Sodium Aluminum Phosphate, Corn Starch, Artificial Flavor.

Contains Egg, Milk, Wheat.

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

Net Weight: 25 Lbs.

Servings per Container: 202