

Pancake Mix, Lehi Pride (400-6004) 20 Oz.

Box Canola

05/06/2013

<b>Nutrition Facts</b>	
Serving Size (40g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 140	Calories from Fat 20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 24g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 4g	
<b>Protein</b> 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 6%
Thiamin 10%	• Riboflavin 6%
Niacin 6%	• Folate 8%
*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: Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononiotrate, Riboflavin, Folic Acid), 100% Whole Wheat Flour, Wheat Starch, Sugar, Soy Flour, Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Canola Oil, Dextrose, Buttermilk Powder, Corn Starch, Salt, Dried Whole Egg.

Contains Egg, Milk, Soy, Wheat.

Net Weight: 1.25 Lbs. (567 g)

Serving Size: 1/4 Cup (40 g), Two 4" Pancakes

Servings per Container: 14

Directions: Mix 2 cups (1/2 package) of the MIX with 1 1/2 cups of WATER. Stir with a fork until slightly lumpy. Cook on a slightly greased griddle at 375 deg. F. Makes 14 pancakes per batch. Each box makes two batches or 28 pancakes.