

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

Box Canola

05/06/2013

Nutrition Facts

Serving Size (40g)

Servings Per Container

Amount Per Serving

Calories 140 **Calories from Fat** 20

% Daily Value*

Total Fat 2g **3%**

 Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 480mg **20%**

Total Carbohydrate 24g **8%**

 Dietary Fiber 1g **4%**

 Sugars 4g

Protein 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 Mononitrate, 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.