

# Heart Healthy Hotcakes, Whole Grain #14

1/10/2012

09/05/2012

<b>Nutrition Facts</b>	
Serving Size (46g) Servings Per Container	
Amount Per Serving	
<b>Calories</b> 160	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290mg	<b>12%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 7g	
<b>Protein</b> 8g	
Vitamin A 0%	• Vitamin C 0%
Calcium 20%	• Iron 6%
Vitamin D 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:** 100% Whole Wheat Flour, Non-Fat Dry Milk, Wheat Starch, Brown Sugar, Dried Egg Whites, Dextrose, Buttermilk Powder, Milled Flaxseed, Wheat Farina, Monocalcium Phosphate, Sodium Bicarbonate, Salt, Calcium Carbonate, Vitamin D3.

Contains Egg, Milk, Wheat.

Serving Size: 1/4 Cup (46 g), 2 4-inch Pancakes

Servings per Container: 12

Directions: Mix 3/4 cup of the HH Hotcakes Mix with 2/3 cup of water. Stir with a fork until slightly lumpy. Cook on a lightly greased griddle at 375 degrees F. Makes 6 4-inch pancakes.