

Nutrition Facts

Serving size

4 pancakes

Amount Per Serving

Calories

320

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.6g **3%**

Trans Fat 0g

Polyunsaturated Fat 0.3g

Monounsaturated Fat 0.3g

Cholesterol < 5mg **1%**

Sodium 920mg **40%**

Total Carbohydrate 66g **24%**

Dietary Fiber 3g **11%**

Total Sugars 14g

Includes 4g Added Sugars **8%**

Protein 10g **20%**

Vitamin D 1mcg **4%**

Calcium 388mg **30%**

Iron 3.5mg **20%**

Potassium 335mg **8%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.