

Nutrition Facts

5 servings per container

Serving size

4 pancakes

Amount Per Serving

Calories

200

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 1.6g

Monounsaturated Fat 2.5g

Cholesterol 0mg **0%**

Sodium 660mg **29%**

Total Carbohydrate 35g **13%**

Dietary Fiber 2g **7%**

Total Sugars 10g

Includes 7g Added Sugars **14%**

Protein 4g **8%**

Vitamin D 0.2mcg **0%**

Calcium 172mg **15%**

Iron 1.9mg **10%**

Potassium 156mg **4%**

*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.