

# Nutrition Facts

Serving size

2 pancakes

Amount Per Serving

**Calories**

**250**

% Daily Value\*

**Total Fat** 5g **6%**

Saturated Fat 1.7g **9%**

*Trans* Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1.6g

**Cholesterol** 100mg **33%**

**Sodium** 490mg **21%**

**Total Carbohydrate** 40g **15%**

Dietary Fiber 6g **21%**

Total Sugars 13g

Includes 2g Added Sugars **4%**

**Protein** 13g **26%**

Vitamin D 0.9mcg **4%**

Calcium 134mg **10%**

Iron 1.7mg **10%**

Potassium 293mg **6%**

\*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.