

Nutrition Facts

4 servings per container

Serving size 2 pancakes (107g)

Amount per serving

Calories

220

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 430mg 19%

Total Carbohydrate 33g 12%

Dietary Fiber 1g **4%**

Total Sugars 6g

Includes 3g Added Sugars **6%**

Protein 7g

Vitamin D 1mcg 6%

Calcium 191mg 15%

Iron 2mg 10%

Potassium 128mg 2%

*The % Daily Value 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.

Fact Fruit Nutrition Pancake Recipe

SB Merriam

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