

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

Sussane Davis



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The Best-Kept Secrets of Healthy Cooking Sandra Woodruff,2000-04-10 In her nine previous cookbook bestsellers Sandra Woodruff proved that fat free cooking is as easy and delicious as it is nutritious Now in a book that s destined to become the kitchen bible for health conscious cooks everywhere she s collected all of her best fat free and low fat recipes in a single volume Each of these recipes is a winner a table tested favorite that will please even the pickiest eaters From Creamy Mushroom Soup to Chocolate Cherry Tunnel Cake this is the only cookbook people need for a lifetime of healthy eating

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Facts about USDA Commodities for the National School Lunch and Breakfast Programs ,1991 *Skinny-Size It* Molly Morgan,2014 Photo Credit Tracy Wood Tired of giving up the meals you love because you re trying to lose weight Stop depriving yourself and start skinny sizing Dietician and nutritionist Molly Morgan shares 101 recipes that give your high calorie faves think pancakes muffins and lasagna a skinny makeover The only things you ll be missing are those extra pounds Traditional breakfast burritos have 600 calories and 35 grams of fat Skinny Sized burritos have 300 calories and only 9 grams of fat Traditional blueberry muffins have 380 calories and 19 grams of fat Skinny Sized blueberry muffins have 130 calories and 2 grams of fat Traditional lasagna has 870 calories and 47 grams of fat Skinny Sized lasagna has 260 calories and 7 grams of fat **Diabetic Living The Ultimate Diabetes Cookbook** Diabetic Living Editors,2013-11-19 You ll never run out of ways to eat well with diabetes with this comprehensive collection of 400 delicious recipes from Diabetic Living magazine accompanied by 300 gorgeous color photos Find weeknight dinner inspiration in family pleasing dishes such as Chicken Romano and Four Cheese Macaroni and Cheese and company special fare such as Seared Scallops with Spiced Pomegranate Glaze and Silky Chocolate Pie A broad range of chapters covers breakfasts breads restaurant favorites meals for two slow cooker meals and desserts with full nutritional information for every recipe complete serving size and carb counts highlighted There s also advice on maintaining a diabetes friendly pantry making any recipe healthier balancing carbs reducing sodium intake and finding fiber rich foods **IBS: Food, Facts and Recipes** Sara Lewis,Tracy Parker,2015-03-02 With so many people worldwide affected by irritable bowel syndrome it is important that we all know the details behind recognising and curing this affliction IBS Food Facts and Recipes offers expert easy to follow information about exactly what IBS is and its symptoms and causes This practical book also provides detailed advice on what to eat and what to avoid with 50 delicious nutritious recipes that make eating right easy Includes constructive ideas for simple lifestyle changes that will help to ease symptoms and answers to all the questions that you might be too embarrassed to ask *Lymphedema Diet* Sussane Davis,2023-08-29 Do you want to learn about Lymphedema recipes Do you want to know how to prepare the most delicious meals that fit your diet In this cookbook you will find Pasta recipes like Creamy Spinach Alfredo Lemony Asparagus Pasta Mushroom and Spinach Linguine Pizza recipes like Fig and Goat Cheese Pizza Quinoa Crust Pizza Thai Peanut Chicken Pizza And many other recipes Here Is A Preview Of What You ll Learn How to cook healthy meals Comprehensive Dietary Advice Guidance Recipes with detailed instructions Each recipe contains the exact amount of calories protein carbohydrates and fat Fast and easy prep that requires no additional steps to prepare your meal Tips and Tricks Much much more Don t

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