

Nutrition Facts

Serving size

4 pancakes

Amount Per Serving

Calories

240

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 2.7g

Cholesterol 5mg **2%**

Sodium 770mg **33%**

Total Carbohydrate 40g **15%**

Dietary Fiber 2g **7%**

Total Sugars 16g

Includes 8g Added Sugars **16%**

Protein 7g **14%**

Vitamin D 1.4mcg **6%**

Calcium 313mg **25%**

Iron 2mg **10%**

Potassium 316mg **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.