

PANCAKE, MAPLE WHOLE GRAIN HEAT & SERVE FROZEN

Nutritional Facts			
Serving Size: 90 gr (90gr)			
Amount per Serving		Calories from Fat: 50	
Calories: 200		% Daily Value*	
Total Fat: 6g			9%
Saturated Fat: 1g			6%
Trans Fat: 0g			
Cholesterol: 10mg			3%
Sodium: 370mg			15%
Total Carbohydrate: 34g			12%
Dietary Fiber: 2g			8%
Sugars: 11g			
Other Carbohydrate:			
Protein 4g			
Vitamin A:			0%
Vitamin C: 0mg			0%
Calcium:			4%
Iron:			6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	80g
Cholesterol	Less than	2,400mg	80g
Sodium		65g	80g
Total Carbohydrate		65g	80g
Dietary Fiber	Less than	65g	80g

Ingredients:

MADE WITH: WATER, WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLICACID), SUGAR, SOYBEAN AND/OR CANOLA OIL, HIGH FRUCTOSE CORN SYRUP. CONTAINS LESS THAN 2% OF: WHEY, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), BROWN SUGAR, CORN SYRUP, SALT, EGGS, CORN CEREAL, NONFAT MILK, MODIFIED CORN STARCH, PALM OIL, NATURAL AND ARTIFICIAL FLAVOR. CONTAINS WHEAT, MILK AND EGG INGREDIENTS.

Additional Description:

Pan &# 38; heat ovenable pouches right from the freezer. 2 Bread equivalent. Whole Grain. Syrup flavor baked in.