# Apple Cinnamon Pancakes

## Ingredients

Maple Syrup, Pancake & Waffle Mix, dry, Apples, Canola Oil, Sugar, Cinnamon.

## Nutrients per serving

**Nutrition Facts**

Serving Size 2 each (85g)
Servings Per Container 1

**Amount Per Serving**

| | |
|---|---|
| **Calories** 230 | Calories from Fat 20 |
| | **% Daily Value*** |
| **Total Fat** 2.5g | **4%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 80mg | **3%** |
| **Total Carbohydrate** 49g | **16%** |
| Dietary Fiber 4g | **16%** |
| Sugars 31g | |
| **Protein** 4g | |

Vitamin A 0% • Vitamin C 0%

Calcium 15% • Iron 10%

*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 |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300 mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4