

# Potato Pancakes

## Ingredients

Potatoes, Egg Substitute, liquid, Onion, Mashed Potatoes, flakes, inst, Salt.

## Nutrients per serving

<b>Nutrition Facts</b>	
Serving Size 2 ounce (85g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 60</b>	<b>Calories from Fat 10</b>
<b>% Daily Value*</b>	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 95mg</b>	<b>4%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
<b>Protein 4g</b>	
Vitamin A 2%	• Vitamin C 10%
Calcium 2%	• 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
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	