

Strawberry Pancakes

Ingredients

Pancake & Waffle Mix, dry, Strawberries, Butter, salted.

Nutrients per serving

Nutrition Facts	
Serving Size 2 Pancakes (68g)	
Servings Per Container 1	
Amount Per Serving	
Calories 200	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 160mg	7%
Total Carbohydrate 31g	10%
Dietary Fiber 7g	28%
Sugars 4g	
Protein 7g	
Vitamin A 2%	• Vitamin C 10%
Calcium 20%	• Iron 10%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
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
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	