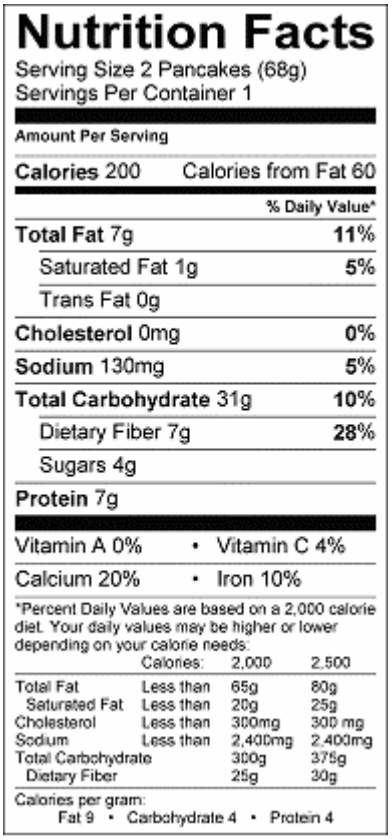
Blueberry Pancakes without Syrup

Ingredients

Pancake & Waffle Mix, dry, Blueberries, Oil, olive blend.

Nutrients per serving



Nutrition Facts

Serving Size 2 Pancakes (68g)
Servings Per Container 1

Amount Per Serving

Calories 200 Calories from Fat 60

	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 130mg	**5%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 7g	**28%**
Sugars 4g	
Protein 7g	

Vitamin A 0% • Vitamin C 4%

Calcium 20% • 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