

Buttermilk Pancakes

Ingredients

Pancake & Waffle Mix, buttermilk, dry, Oil, veg, pure.

Nutrients per serving

Nutrition Facts	
Serving Size (57g)	
Servings Per Container 1	
Amount Per Serving	
Calories 200	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 600mg	25%
Total Carbohydrate 38g	13%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 15%	• Iron 4%
*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	