

CINNAMON CHIP PANCAKE MIX

Nutrition Facts

Serving Size Two 4" Pancakes

3/8 cup Mix (56g)

Servings Per Container About 16

Amount Per Serving	Mix Prepared	
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Calories	200	250
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Calories from Fat	10	50
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	% Daily Value**	
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Total Fat 1.5g*	2%	9%
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Saturated Fat 0g	0%	5%
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Trans Fat 0g		
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Cholesterol 0mg	0%	18%
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Sodium 420mg	18%	18%
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Total Carbohydrate 36g	12%	12%
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Dietary Fiber 5g	20%	20%
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Sugars 9g		
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Protein 11g		
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Vitamin A	0%	2%
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Vitamin C	4%	4%
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Calcium	25%	30%
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Iron	10%	10%
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*Amount in Mix. contributes an additional 50 Calories (40 Calories from Fat), 4.5 g Total Fat (1 g Saturated Fat), 55 mg Cholesterol, 20 mg Sodium, 1 g Protein.

**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	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

DIRECTIONS: In a mixing bowl, combine 1 cup and 2-3 table-
spoons water, 1 tablespoon oil
and 1 large beaten egg. Add 1
1/2 cup of dry pancake mix and
stir until moistened. Pour batter
on greased griddle or pan at
medium heat. Cook until golden
brown. **Yield:** Makes 8 four-inch
pancakes.

*Mix stays fresh longer if stored in freezer.

Ingredients: Fresh Ground
100% Whole Wheat Flour,
Rolled Oats, Non-Fat Milk (Non
-fat milk, vitamins A & D),
Brown Sugar, Cinnamon Chips
(Sugar, Palm Oil, Cinnamon,
Non Fat Dry Milk, sooy Leci-
thin), Baking Powder (Sodium
Bicarbonate, Cream of Tartar,
Corn Starch) and Salt.

**CONTAINS: WHEAT,
MILK**

Great Harvest Bread Co.

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Produced in a Facility That
Uses: Wheat, Eggs,
Tree Nuts, Dairy and Soy.

NET WT 2 LB (896 g)