

PANCAKE MIX

Nutrition Facts

Serving Size Two 4" Pancakes

3/8 cup Mix (56g)

Servings Per Container About 16

Amount Per Serving	Mix Prepared	
Calories	200	250
Calories from Fat	10	50
% Daily Value**		
Total Fat 1.5g*	2%	9%
Saturated Fat 0g	0%	5%
Trans Fat 0g		
Cholesterol 0mg	0%	18%
Sodium 420mg	18%	18%
Total Carbohydrate 36g	12%	12%
Dietary Fiber 5g	20%	20%
Sugars 9g		
Protein 11g		
Vitamin A	0%	2%
Vitamin C	4%	4%
Calcium	25%	30%
Iron	10%	10%

*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, Baking Powder (Sodium Bicarbonate, Cream of Tartar, Corn Starch) and Salt.

CONTAINS: WHEAT, MILK.

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

NET WT 2 LB (896 g)