

Apple Cinnamon Pancakes

Number of Servings: 1 (56.52 g per serving)

Weight: 56.52 g

Ingredient	Comments
Buttermilk Pancake Mix Katy's	Conatins: Wheat, Milk, Egg
Spice, cinnamon, ground	
Spice, nutmeg, ground	
Milk, 2%, w/add vit A & D	
Apples, fresh, med, 2 3/4"	
Eggs, whole, raw, extra lrg	
Oil, soybean, salad or cooking	

Nutrition Facts	
Serving Size 1 Pancake (57g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Cholesterol 25mg	8%
Sodium 200mg	8%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 3g	
Vitamin A 2%	• Vitamin C 2%
Calcium 8%	• Iron 6%
*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	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

10/8/2007

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