

Buttermilk Pancakes

Number of Servings: 1 (95.25 g per serving)

Ingredient	Comments
Pancake Mix	Contains: Wheat, Soy, Eggs, Milk
Water, tap,	

Nutrition Facts	
Serving Size 2 Pancakes (95g) Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 10mg	3%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 15%	• Iron 25%
*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 10.0 software

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