

Johnny Cakes

Number of Servings: 1 (68.94 g per serving)

Ingredient	Comments
Pancake Mix Complete	Contains: Wheat, Eggs, Soy, Milk
Corn Muffin Mix	Contains: Wheat, Egg, Milk
Eggs, whole, raw, extra lrg	
Ever-Rich Liquid Butter	
Milk, 2%, w/add vit A & D	

Nutrition Facts	
Serving Size 2 Pancakes (69g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	8%
Cholesterol 35mg	12%
Sodium 2140mg	89%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 5g	
Vitamin A 2%	• Vitamin C 0%
Calcium 10%	• Iron 15%
*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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