

M & M Pancakes

Number of Servings: 1 (106.59 g per serving)

Ingredient	Comments
Pancake Mix Complete	Contains: Wheat, Eggs, Soy, Milk
Water, tap, municipal	
Candy, plain chocolate, pces	Contains: Milk, Soy

Nutrition Facts	
Serving Size (107g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Cholesterol 10mg	3%
Sodium 10mg	0%
Total Carbohydrate 38g	13%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 6g	
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 10.1 software

10/15/2007

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