

Multi Grain Buttermilk Pancakes

Number of Servings: 1 (90.83 g per serving)

Ingredient	Comments
Buttermilk Pancake Mix Katy's	Contains wheat, milk, eggs
Water, tap, municipal	
CEREAL, RTE, MULTIGRAIN FLAKES, NATURE'S PATH	
Sugar, brown, packed	

Nutrition Facts	
Serving Size 2 Pancakes (4 oz) (91g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Total Carbohydrate 33g	11%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 5g	
Vitamin A 0%	• 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 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	

Notes:

Contains wheat, milk, eggs

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