

Sweet Potato Pancakes

Ingredient	Comments
Sugar, brown, packed	vegetarian; contains wheat, egg, milk
Sugar	
Baking Powder, double acting	
Salt, table	
Flour, all purpose, white, unbleached, enrich	
Spice, cinnamon, ground	
Spice, nutmeg, ground	
Milk, 2%, w/add vit A & D	
Eggs, whole, raw, extra lrg	
VEGETABLE OIL, CANOLA & SOYBEAN	
Flavor, vanilla extract	
SWEET POTATO, CANNED,	

Nutrition Facts	
Serving Size 2 pancakes (82g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 140mg	6%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 4g	
Vitamin A 2%	• Vitamin C 2%
Calcium 6%	• Iron 8%
*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:

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