

## GD COMPLETE PANCAKE AND WAFFLE MIX

| Nutrition Facts   |                 |               |
|---|-----------------|---------------|
| Serving size  |                 | 1/3 cup (45g) |
| Amount per serving  |                 |               |
| Calories  |                 | 160           |
| % Daily Value*  |                 |               |
| Total Fat   | 3g              | 4%            |
| Saturated Fat   | 1g              | 5%            |
| Trans Fat   | 0g              |               |
| Cholesterol   | 0mg             | 0%            |
| Sodium  | 700mg           | 30%           |
| Total Carbohydrate  | 30g             | 11%           |
| Dietary Fiber   | 1g              | 4%            |
| Total Sugars  | 3g              |               |
| Includes  | 3g Added Sugars | 6%            |
| Protein   | 4g              |               |
| Vitamin D   | 0 mcg           | 0%            |
| Calcium   | 70mg            | 6%            |
| Iron  | 1.4mg           | 8%            |
| Potassium   | 40mg            | 0%            |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. |                 |               |

**INGREDIENTS:** Wheat Flour, Yellow Corn Flour, Vegetable Oil (Palm and/or Soybean), Leavening (Sodium Bicarbonate, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Dextrose, Sugar, 2% or less of Wheat Protein Isolate, Salt, Artificial Flavor, Rosemary Extract (antioxidant)

**CONTAINS WHEAT**