

Nutrition Facts

Serving Size

1/2 cup dry mix (54g)
(3 4-inch pancakes)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Sodium 480mg 21%

Total Carbohydrate 39g 14%

Total Sugars 9g

Incl. 8g of Added Sugars 15%

Protein 5g

Calcium 195mg 15%

Iron 4mg 20%

Potassium 170mg 4%

Thiamin 0.2mg 15%

Riboflavin 0.3mg 20%

Niacin 3mg 20%

Vitamin B₆ 0.3mg 15%

Folate 120mcg DFE 30%

(65mcg folic acid)

Vitamin B₁₂ 0.8mcg 35%

Not a significant source of
cholesterol, dietary fiber and
vitamin D.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients

Enriched Bleached Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Dextrose, Leavening (Baking Soda, Calcium Phosphate, Sodium Aluminum Phosphate), Buttermilk, Contains 2% Or Less Of: Salt, Canola Oil, Potassium Bicarbonate, Calcium Carbonate, Corn Starch, Yellow 5, Red 40, Iron, Niacin, Vitamin B6, Riboflavin, Thiamin Mononitrate, Folic Acid, Vitamin B12.

Product Information

- A Good Source of Calcium and 6 Vitamins plus Iron
- Kosher Dairy

Allergens

Contains wheat and milk

May contain eggs and soybeans

Contains a Bioengineered Food Ingredient

Product formulation and packaging may change. Please refer to the product label for the most accurate information.