

Eggo Pancakes Minis - 38000-49770 Maple Nutrition Statement

Nutrition Facts

Serving Size: 1 pouch (80g)

Amount/Serving %Daily Value

Calories 190

Calories from Fat 50

Total Fat	5g	8%
Saturated Fat	1g	5%
<i>Trans</i> Fat	0g	0%
Cholesterol	10mg	3%
Sodium	290mg	12%
Total Carbohydrate	30g	10%
Dietary Fiber	3g	12%
Sugars	7g	

Protein 4g

Vitamin A	10%
Vitamin C	0%
Calcium	6%
Iron	10%

Ingredients: WHOLE WHEAT FLOUR, WATER, SUGAR, VEGETABLE OIL (SOYBEAN, PALM, AND PALM KERNEL OIL), BUTTERMILK, EGGS, CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE), FRUCTOSE, SALT, CORN CEREAL, YELLOW CORN FLOUR, RICE FLOUR, CORNSTARCH, CORN SYRUP, NATURAL AND ARTIFICIAL FLAVORS, CARAMEL COLOR, CORN SYRUP SOLIDS, MALT EXTRACT, SOY LECITHIN, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN HYDROCHLORIDE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), VITAMIN B12. Allergens: CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS.

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