

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%

Trans 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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