

Nutrition Facts

About 8 servings per container

Serving size 1/3 Cup Mix (57g)

Amount per serving

Calories **210**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 580mg **25%**

Total Carbohydrate 39g **14%**

Dietary Fiber 1g **4%**

Total Sugars 3g

Includes 1g Added Sugars **2%**

Protein 7g

Vitamin D 0mcg **0%**

Calcium 230mg **20%**

Iron 1.8mg **10%**

Potassium 150mg **4%**

*The % Daily Value 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.

JUST ADD WATER

DIRECTIONS FOR ABOUT EIGHT 4" PANCAKES:

Preheat griddle to 400°F. Mix 2/3 cup water and 1 cup of this pancake mix. Beat gently to form a batter. For thinner pancakes, add more water. For thicker pancakes, add more dry mix. Pour onto a hot griddle and flip once after bubbles break.

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Corn Flour, Dry Milk, Dry Whole Egg, Cane Sugar, Baking Soda, Monocalcium Phosphate, Calcium Acid Pyrophosphate and Sea Salt.

This product is manufactured in a facility that also processes Soy.

**Easy Morning
Pancake Mix**