

# Maine Potato Pancakes

## Nutrition Facts

Serving Size 1 Pancake (85g)

Servings Per Container 1

Amount Per Serving

**Calories** 110 Calories From Fat 27

		% Daily Value*
<b>Total Fat</b>	3g	5%
Saturated Fat	1g	3%
Trans Fat	<1 g	0%
<b>Cholesterol</b>	<1g	0%
<b>Sodium</b>	250mg	10%
<b>Total Carbohydrate</b>	17g	6%
Dietary Fiber	1g	4%
Sugars	<1g	

**Protein** 2g

Vitamin A 0% ● Vitamin C 0%

Calcium 0% ● Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

**Ingredients:** Maine Potato Pancakes (Potato, Potato Flakes, Minced Onion, Cornstarch, Salt, Sugar, Black Pepper, Partially Hydrogenated Soybean Oil); Fresh Parsley.

**Allergy Information:** Milk