

Oatmeal Banana Pancakes

Nutrition Facts

Serving Size 2 - 4" pancakes (100g)

Servings Per Container 1

Amount Per Serving

Calories 238 Calories From Fat 45

		% Daily Value*
Total Fat	5g	7%
Saturated Fat	1g	6%
Trans Fat	<1 g	0%
Cholesterol	37mg	12%
Sodium	178mg	7%
Total Carbohydrate	43g	14%
Dietary Fiber	4g	15%
Sugars	11g	

Protein 7g

Vitamin A 2% ● Vitamin C 2%

Calcium 3% ● Iron 12%

*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: Unbleached Flour; Bananas; 2 % Milk; Extra Fine Granulated Sugar (Cane Sugar); Quick Hot Oats Cereal (Rolled Oats); Eggs (Liquid Whole Eggs, Citric Acid, Water); Vegetable Oil (Soybean, Canola, and Corn Oils, w/5% Olive Oil); Baking Powder (Cornstarch, Bicarbonate of Soda, Sodium Aluminum Sulfate, Calcium Acid Phosphate); Cinnamon; Kosher Salt.

Allergy Information: Milk, Eggs, Soybeans