

Banana Smores Pancake

Nutrition Facts

2 servings per container

Serving size

1/2 cup (154g)

Calories	Per Serving		Per Container	
	230		450	
	% Daily Value*		% Daily Value*	
Total Fat	9g	12%	17g	22%
Saturated Fat	2.5g	13%	5g	25%
<i>Trans Fat</i>	0g		0g	
Cholesterol	75mg	25%	150mg	50%
Sodium	290mg	13%	580mg	25%
Total Carb.	31g	11%	61g	22%
Dietary Fiber	6g	21%	13g	46%
Total Sugars	7g		14g	
Incl. Added Sugars	3g	6%	7g	14%
Protein	9g		19g	
Vitamin D	1.1mcg	6%	2.3mcg	10%
Calcium	140mg	10%	280mg	20%
Iron	1.8mg	10%	3.6mg	20%
Potassium	260mg	6%	510mg	10%

* The % Daily Value (DV) 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.

INGREDIENTS: MILK (PASTEURIZED REDUCED FAT MILK, VITAMIN A PALMITATE, VITAMIN D3), ORGANIC WHOLE GRAIN BUCKWHEAT FLOUR, ORGANIC WHOLE WHEAT FLOUR, VITAL WHEAT GLUTEN, CANE SUGA, BAKING POWDER (MONOCALCIUM PHOSPHATE, CORNSTARCH, SODIUM BICARBONATE), SALT, WHOLE EGG, CHOCOLATE LIQUOR, ERYTHRITOL, TAPIOCA FIBER, COCOA BUTTER, MONKFRUIT EXTRACT, AVOCADO OIL

CONTAINS: MILK, EGG, WHEAT, SOY

HEALTHY PATH MARKET