



NUTRITIONAL INFORMATION
PRODUCT NAME: Robby's Original Pancake Mix
PRODUCT NUMBER: 62301CS

Nutrition Facts			
Serving Size (about 1/3 Cup) (about two 5" Pancakes) (40g)			
Servings Per Container 50			
Amount Per Serving		Mix Prepared	
Calories		130	240
Calories from Fat		0	80
		% Daily Value**	
Total Fat 0g*		0%	14%
Saturated Fat	0g	0%	10%
Trans Fat	0g		
Cholesterol 0mg		0%	12%
Sodium 670mg		28%	31%
Total Carbohydrate 30g		10%	11%
Dietary Fiber	1g	4%	4%
Sugars	5g		
Protein 2g			
Vitamin A		0%	2%
Vitamin C		0%	0%
Calcium		2%	10%
Iron		8%	8%
*Amount in Mix. Prepared contributes an additional 110 Calories (80 Calories from Fat), 9 g Total Fat (2 g Saturated Fat), 35 mg Cholesterol, 70 mg Sodium, 3 g Total Carbohydrate (3 g Sugars), 4 g Protein.			
**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
Saturated 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
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			